

PoisonPreventionPress

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First Aid for Poisonings

Perform the following first aid, then call 1-800-222-1222 for more information.

Swallowed Poison:

- Gently wipe out mouth and give a small amount of water.
- Do not make the person vomit.

Poison on the Skin:

- Remove contaminated clothing and jewelry.
- Rinse skin with lukewarm water for 10 minutes.

Poison in the Eye:

- Flush the eye with lukewarm water from cup, faucet, or shower for 15 minutes.
- Do not force the eyelid open.

Inhaled Poison:

- Get the person to fresh air.
- Open doors and windows.

Did you know that...

- There was a 763% increase in the rate of cases reported to Poison Centers nationwide involving nicotine pouch ingestions among children younger than six years old from 2020 to 2023?

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Nicotine Pouches

From college campuses to coffee breaks, nicotine pouches are quickly becoming a trend everyone's talking about. The single-use pouches are marketed as "smoke-free, spit-free, and hands-free" for adults over the age of 21. The single-use pouches are placed between the upper lip and gum for up to one hour. The nicotine is absorbed through the mucous membranes in the mouth.

Safe Storage and Disposal

Although the packaging has a child-resistant closure, children could still open the product. Given enough time, children can figure out how to open the product.

Keep these products stored up, away, and out of sight. Do not leave the cans of nicotine pouches in a bag, suitcase, backpack, or purse where a child can reach them. When done using the pouch, dispose of it properly in the trash where a child cannot access it. Do not leave used pouches on the floor, nightstand, desk, etc. where a child can reach. Discard pouches in a trash can that children and pets can not reach or access- small open trash cans on the floor would be easily accessed. There are small amounts of nicotine still in the pouch after use that could be harmful to children and pets.

Ingredients

Nicotine pouches are small and pre-portioned and contain:

- Nicotine: synthetic nicotine, nicotine salt, or nicotine extracted from tobacco
- Fillers: plant fibers or cellulose
- Flavorings: (e.g., citrus, mint, wintergreen, dragon fruit, apple)
- Sweeteners: makes the pouch taste sweet

Ingredients vary by brand and product.

Dose

The dose of nicotine varies depending on the brand and product. Typically, the dose is measured in milligrams (mg) of nicotine per pouch, and strengths range from 2 mg-10 mg. It is suggested for beginners to start with a lower dose.

Duration

Nicotine pouches are usually kept in the mouth for 15 minutes to one hour. The nicotine is released gradually (over time). The pouches should be discarded after one use. Do not chew, swallow, or reuse the nicotine.

Side Effects

There are side effects commonly reported when using nicotine pouches, including:

- Mouth irritation
- Nausea
- Hiccups
- Increased heart rate

More severe side effects include:

- Vomiting
- Sweating
- Increased blood pressure
- Seizures

It is important to use the pouches exactly as directed. Using too many at a time or chewing them may lead to more serious effects.

If a child has gotten even a small lick or taste of a nicotine pouch, call the Maryland Poison Center right away at 1-800-222-1222. If an adult is experiencing an unexpected side effect from using a nicotine pouch, we can help with that as well. Poison specialists are available 24/7, and calls are free and confidential.