



e-cig Nicotine Estimator

(ENDS, Electronic Nicotine Delivery System, e-cig, e-cigarette, vape)

Name: _____

Date: _____

Step 1: Determine e-cig Type

- Tank (refillable)
- Pod - closed (pre-filled) or open (refillable)
- Disposable - closed (pre-filled)

Step 2: Determine Nicotine Concentration (mg/mL)

(If nicotine concentration is a percentage % - multiply x 10 to convert to mg/mL)

- Tank e-liquid refill bottle - nicotine concentration _____ (mg/mL)
- Pod - nicotine concentration _____ (mg/mL)
- Disposable- nicotine concentration _____ (mg/mL)

Step 3: Determine Daily e-liquid Volume Vaped (mL/24hours)

- | Volume | Frequency |
|--|-------------------------------------|
| <input type="checkbox"/> Volume e-liquid _____ (mL) | <input type="checkbox"/> _____ Days |
| <input type="checkbox"/> # of Pods x Pod size ____ x ____ = _____ (mL) | (1 day = 24 hours) |
| <input type="checkbox"/> Disposable size _____ (mL) | |

Daily Volume = e-liquid volume (mL) ÷ # days _____ (mL/day)

Step 4: Determine Total Daily Nicotine (mg/day)

Multiply concentration (mg/mL) x daily volume (mL/24hrs)

_____ mg/mL x _____ mL/24hrs = _____ (mg/day)
 (Step 2) (Step 3) ***Total Daily Nicotine**

**estimates total daily nicotine inhaled not absorbed (which is affected by several factors)*