

NICOTINE REPLACEMENT THERAPY PHARMACOTHERAPY GUIDE

- Obtain smoking history (e.g. smoked products, pack year history, patients' importance/motivation to stop)
- If patient would like to stop smoking,
 - For RSCH patients, complete and submit Bamboo form
 - For PRH patients, contact your ward pharmacist

- Unless contraindicated, prescribe DUAL nicotine replacement therapy to manage cravings as follows:
- **BACKGROUND NICOTINE**
 - Prescribe long-acting once a day nicotine patch - see details on **ORANGE** row
 - **IN-BETWEEN CRAVINGS MANAGEMENT**
 - Prescribe one or more short-acting nicotine products see details on **GREEN** rows

Product	Prescription	Instructions for Dispensing/TTO	JAC Code (Pharmacy Use)	Patients' feedback	
Nicorette® / Nicotinell® PATCH SPC • Nicorette • Nicotinell	 Transdermal absorption	<p>Day time smokers: 25mg per 16 hours (Nicorette®) OR 15mg per 16 hours (if side effects from high strength)</p> <p>For smokers with morning cravings or waking up at night to smoke: 21mg per 24 hours (Nicotinell®/ NiQuitin®)</p>	<p>Apply ONE patch onto a clean dry non-hairy area of the skin on the upper arm or upper body ONCE every 16 hours.</p> <p>Apply ONE patch every 24 hours to a clean, dry, hairless area of skin on the upper arm or upper body. After 24 hours remove existing patch before applying a new patch.</p>	"PAT (change to 16 hours)" "PAT (change to 24 hours)"	<ul style="list-style-type: none"> • Easy to use and discreet • Takes a while to work – need quick acting product as well • Not for occasional smokers • Can irritate the skin and cause itching at patch site
Nicorette® GUM SPC	 Buccal absorption **Contraindicated Age<12 years**	Chew the gum until the taste becomes strong, then rest it between the cheek and gum; when the taste starts to fade, repeat this process. One piece of gum lasts for approximately 30 minutes. Do not use more than 15 pieces a day.	"NICOG"	<ul style="list-style-type: none"> • Works quickly and easy to regulate dose • Difficult to use with dentures and may damage them • Avoid coffee, acidic and soft drinks within 15 minutes • Throat irritation and indigestion. Slower sucking might help 	
Nicorette® LOZENGE SPC	 Buccal absorption **Contraindicated Age<12 years**	Slowly suck ONE lozenge when you feel the urge to smoke but try to use no more than ONE lozenge every 1 or 2 hours when required. Maximum 30 lozenges in 24 hours.	"NICOL"	<ul style="list-style-type: none"> • Throat irritation and indigestion. Slower sucking might help 	
Nicorette® MICROTAB SPC	 Sublingual absorption	Place 1 to 2 tablets under your tongue and allow to dissolve. Repeat HOURLY to a maximum of 40 tablets per day. Do not chew or swallow these tablets.	"NICOT"	<ul style="list-style-type: none"> • Discreet and easy to regulate dose • Must be used correctly, wasted if swallowed. Might take time to work but lasts a long time • Unpleasant taste - like "ash" 	
Nicorette® INHALATOR SPC	 Oromucosal absorption Suck with short, shallow puffs for better absorption and to minimise oral irritation **Contraindicated Age<12 years**	Insert ONE cartridge into the plastic mouthpiece, inhale through the mouthpiece when required, using a maximum of 6 cartridges per day. Please read the information leaflet provided.	"NICOI"	<ul style="list-style-type: none"> • Keeps hands busy. Looks like a cigarette. Good for 'hand to mouth' habit • Portable • Loading cartridge can be difficult 	
Nicorette® MOUTH SPRAY SPC	 Oromucosal absorption Spray inside of cheek for better absorption Prime canister and press firmly **Contraindicated Age<12 years**	Spray ONE or TWO sprays into the mouth when required. (Maximum: 4 sprays every HOUR)	"NICOMS"	<ul style="list-style-type: none"> • Really quick acting • Difficult to open. Strong taste. May cause throat and mouth irritation • Hiccups are common • Spraying inside of cheek gives a better effect 	