

## Formulary for Smoking Cessation Treatments - Maidstone & Tunbridge Wells NHS Trust

Pharmacotherapy and behavioural support increase quit rates significantly. All smokers should be offered tobacco treatment on admission, seen by inhouse Tobacco Dependency Team within a day of admission and have a referral to community stop smoking service via Sunrise when discharged with two weeks supply of NRT.						
<b>Available products</b> A wider range of products are available via the One You Smoke Free Service on uptake of community smokefree support	<b>Patches:</b> Clear Transdermal 24-hour patch 21mg or 14mg  First option to be used. Normally used with a secondary product.  <b>Stock held on all wards.</b> Inpatients to be given 2 weeks supply when discharged	<b>Patches:</b> Clear Transdermal 16-hour patch 25mg or 15mg or 10mg  For those suffering sleep disturbance or are pregnant. Normally used with a secondary product.  <b>Stock of 15mg patches held on all wards. 10mg and 25 mg patch available from Pharmacy</b> Inpatients to be given 2 weeks supply when discharged	<b>Inhalator:</b> 15mg cartridge Pack of 4 or 36 cartridges  <b>Stock held on all trust wards.</b> Inpatients to be given 2 weeks supply when discharged	<b>Lozenge:</b> 4mg lozenge 2mg Lozenge 60 pieces mint flavour  <b>Not stocked on wards, order from the Pharmacy on a named patient basis - Inpatient supply</b> Inpatients also to be given 2 weeks supply when discharged	<b>Mouth spray:</b> 1mg/ spray mouth spray Freshmint Single pack – 150 sprays  <b>Not stocked on wards, order from Pharmacy on a named patient basis - Inpatient supply</b> Inpatients to be given 2 weeks supply when discharged	<b>Bupropion:</b> 150 mg m/r tablets 60 tablets per pack  <b>NOT stocked at MTW Trust. If NRT is not suitable, this medication will need to be ordered in</b>
<b>Treatment period</b>	All nicotine replacement therapy (NRT) products recommended use 7-12 weeks with gradual reduction as dependency on nicotine eases. A combination of a patch and a faster acting secondary product is recommended. Inpatient Tobacco Dependency Team aim to review all smokers a day after admission and commencement of NRT and may suggest a dosage/ product change based on patient symptoms and/ or feedback.					7-9 weeks
<b>Dosage</b>	Nicotine is released slowly over a 24-hour period and absorbed through the skin.  A new patch should be applied on waking each day (approx. 24 hours)  If smoking < 10 cigarettes a day, give a 14mg patch, 10-19 cigarettes a day give 14mg patch and a secondary product, >20 a day give 21mg patch and secondary product	Nicotine is released slowly over a 16-hour period and absorbed through the skin.  A new patch should be applied on waking and removed at bedtime (approx.16 hours).  If smoking < 10 cigarettes a day, give a 10mg patch, 10-19 a day give a 15mg patch with a secondary product, >20 a day give 25mg and a secondary product.	Take deep breaths or shallow puffs. The number of cartridges used each day will depend on how much is usually smoked.  Each cartridge will provide around 40 minutes of intense use. Use for 5-10 minutes at a time when craving occurs.  Maximum of 6 cartridges per day, with gradual reduction after 4 weeks.	Place the lozenge in the mouth, occasionally moving it from side to side. Allow it to slowly dissolve and try to minimize swallowing. Do not eat or drink whilst using a lozenge or chew or swallow the lozenge. (max. of 15 per day approx. 1 per hour). Use 2 mg lozenge as secondary product if smoking <10 a day, 4mg if smoking 10 or more	Press the top of the dispenser to release one spray into your mouth. Don't inhale while spraying to avoid getting spray into your throat, and try not to swallow for a few seconds afterwards. Avoid eating and drinking for a while after spraying. 1-2 sprays every 30 mins to 1 hour as needed. Max 4 sprays/hour. Max 64 sprays/24hours.	Start 1-2 weeks before target stop date. Initially 150 mg daily for 6 days, then 150 mg twice daily. Allow a minimum of 8 hours between doses.  Treat for 7-9 weeks. Discontinue if abstinence not achieved at 7 weeks.  Max 150mg daily in the elderly and patients at risk of seizure (Best avoided, see below).
<b>Advantages</b>	Very easy to use.  Can be used in combination with a short acting NRT product.	Very easy to use. Less likely to cause skin irritation and sleep disturbances than 24hr patches. Can be used in combination with a second NRT product. Suitable for pregnant women	Relieves sudden cravings. Can be used in combination with a patch. Helps keep hands busy.	Can be used in combination with a patch.	Fastest delivery of nicotine for strong cravings, only 30 seconds.	May have improved quit rate compared to NRT.
<b>Disadvantages</b>	Possibility of skin irritation and sleep disturbance. Nicotine residues in used patches may present a hazard to children and pets, dispose of used patches carefully	Possibility of skin irritation. Nicotine residues in used patches may present a hazard to children and pets, dispose of used patches carefully.	May cause mild local reactions such as cough & irritation in the mouth/throat. Changing the cartridge requires some dexterity or help from staff.	Possible mouth or tongue irritation, gastric upset or hiccups	May initially cause mouth and throat irritation. Local skin reactions/eye irritation. Contains ethanol	<b>Common:</b> Abdominal pain; anxiety; concentration impaired; constipation; dizziness; dry mouth; fever; GI disorder; headache; hyperhidrosis; hypersensitivity; insomnia nausea; skin reactions; tremor; vomiting
<b>Contraindications/warnings</b>	<b>Cautions:</b> Diabetes mellitus- blood glucose concentration should be monitored closely when initiating treatment; haemodynamically unstable patients hospitalised with cerebrovascular accident; haemodynamically unstable patients hospitalised with myocardial infarction; haemodynamically unstable patients hospitalised with severe arrhythmias; phaeochromocytoma; uncontrolled hyperthyroidism <b>When used by inhalation:</b> bronchospastic disease; chronic throat disease; obstructive lung disease <b>With oral use:</b> gastritis (can be aggravated by swallowed nicotine); gum may also stick to and damage dentures; oesophagitis (can be aggravated by swallowed nicotine); peptic ulcers (can be aggravated by swallowed nicotine). Choking hazard with lozenge use if patient unconscious or drowsy. <b>With transdermal use:</b> patches should not be placed on broken skin; patients with skin disorders. 16 hour patches suitable for pregnant women <b>See BNF. NB dangerous to small children.</b> Most warnings for NRT also apply to continued cigarette smoking, but the risk of continued smoking outweighs any risks of using nicotine preparations.					<b>Contraindications</b> Acute alcohol withdrawal; acute benzodiazepine withdrawal; bipolar disorder; CNS tumour; eating disorders; history of seizures; severe hepatic cirrhosis, Pregnancy, Breastfeeding and under age 18. <b>Cautions:</b> Alcohol abuse; diabetes; elderly; history of head trauma; predisposition to seizures

**Prescribers should read Summary of Product Characteristics (SPC) before prescribing any drug**