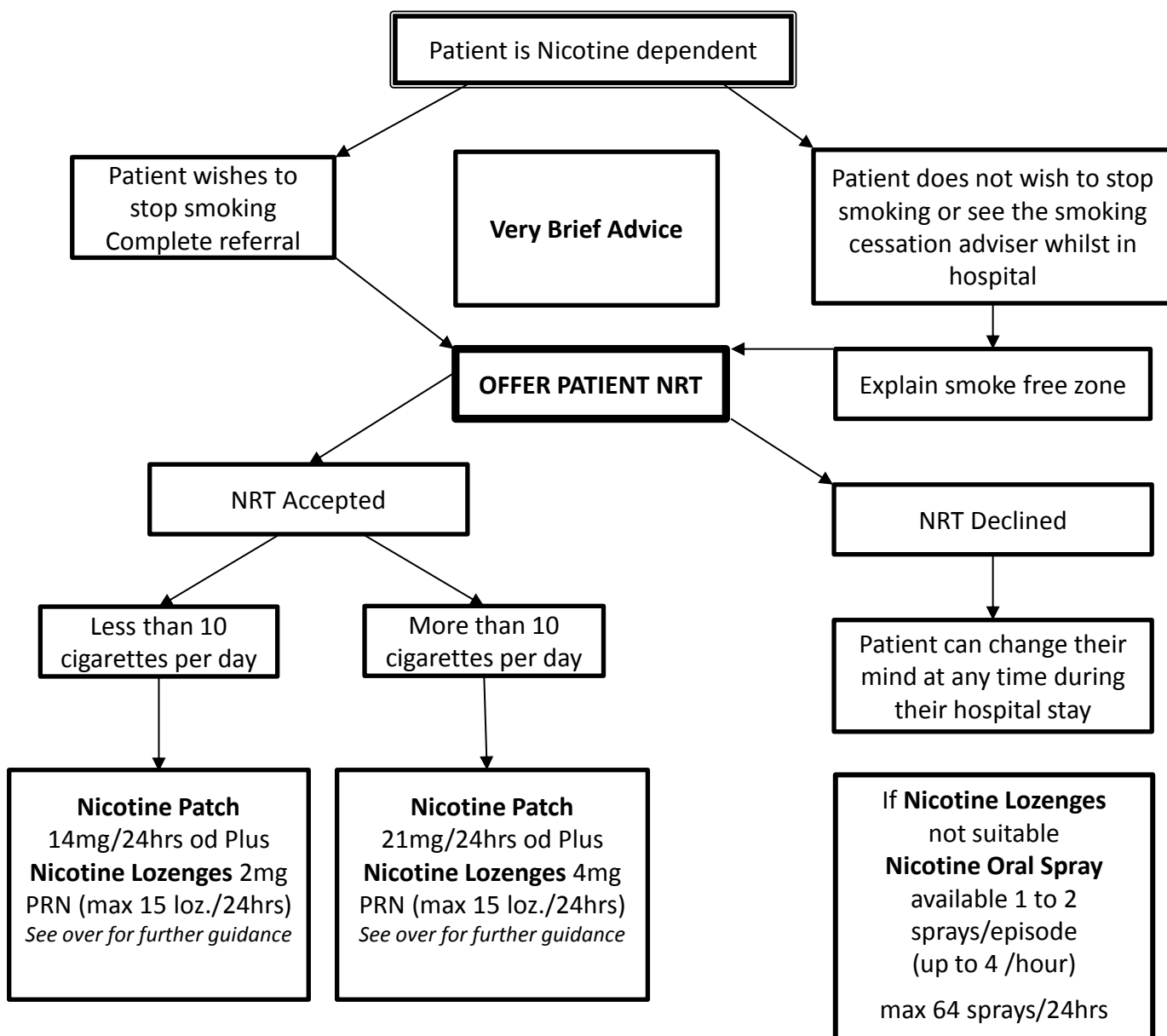


Guidance for Prescribing Nicotine Replacement Therapy (NRT)



Patches

1. Nicotine patches must not be placed on broken skin.
2. Change the site of the patch daily.

Lozenges:

1. Nicotine lozenges are contraindicated with peptic / duodenal ulcers.
2. One lozenge should be placed in the mouth and allowed to dissolve. It should periodically be removed from one side of the mouth to the other, until completely dissolved (approximately 20-30 minutes).

These products are suitable for the majority of patients. If another product is preferred or advice is required, contact the smoking cessation advisor.

ON DISCHARGE SEND 1 WEEKS SUPPLY OF TTO's

Caution: Monitor BM's closely on initiation in known diabetics

Unstable cardiovascular/cerebrovascular disease (ACS, acute MI, unstable arrhythmia, acute CVA/TIA) and pregnant. (Non-medical staff must discuss with the medical team). Short acting NRT is advised (e.g. Lozenge)

	How to use	Side effects
Patch	Apply one 21mg/24hrs or 14mg/24hrs patch daily to Clean, dry, non-hairy area of unbroken skin on hip/trunk or upper arm Use different site each day	Local skin rash Insomnia (24 hour patch)
Lozenge	Use as required Smoking Less than 20/day use 2mg Smoking more than 20/day use 4mg Suck until tastes strong Rest between gum & cheek Suck again when taste fades	Sore throat / mouth Indigestion
Oral Spray	1–2 sprays as required, individuals can spray in the mouth when the urge to smoke occurs or to prevent cravings, individuals should not exceed 2 sprays per episode (up to 4 sprays every hour); maximum 64 sprays per day. Do not inhale and avoid swallowing for a few seconds after dose	Dry mouth, minor skin irritation, Increased salivation, nausea

For further information refer to the BNF