



**Department of Health and Wellbeing  
Stop Smoking Service  
5th Floor, Britannia House  
Broadway  
Bradford  
BD1 1HX**

**Date**

**Tel: 01274 437700  
Fax: 01274 438858**

Dear Doctor .....

**Nicotine Replacement Therapy Prescription Request**

Client name: ..... Date of birth: .....

Address: ..... Post code: .....

Current carbon monoxide level .....ppm

The above patient has attended an assessment appointment today and seems well motivated to stop smoking. We have agreed a plan of action and s/he will be offered on-going appointments. Having discussed the possible pharmacotherapies, the NRT product(s) of choice are:

NRT Product 1		NRT Product 2 (if required)	
Product Strength		Product Strength	
Quantity/Duration		Quantity/Duration	

A course of NRT usually runs for 3 months. NICE guidance suggests an initial prescription for two weeks. Repeat prescriptions will be requested subject to regular review with an advisor.

The client has mentioned the following medical conditions and medication which may be relevant to the use of NRT/ Stopping Smoking

.....  
.....

If you have any concerns regarding this client's clinical suitability for NRT please discuss it with me on.....

Comments:

Thank you for your cooperation

Advisor Contact Details
-------------------------

## Guidance on the use of nicotine replacement therapy (NRT) for smoking cessation

“The use of NRT in an individual who is already accustomed to nicotine introduces few new risks and it is widely accepted that there are no circumstances in which it is safer to smoke than to use nicotine replacement therapy. Some patients benefit from having more than one type of NRT prescribed, such as a combination of transdermal and oral preparations. The combination of NRT with varenicline or bupropion is not recommended.

**Concomitant Medication** Cigarette smoking increases the metabolism of some medicines by stimulating the hepatic enzyme CYP1A2. When smoking is discontinued, the dose of these drugs, in particular theophylline, cinacalcet, ropinirole, and some antipsychotics (including clozapine, olanzapine, chlorpromazine and haloperidol) may need to be reduced. Regular monitoring for adverse effects is advised.

All preparations are licensed for adults and children over 12 years (with the exception of *Nicotinell* Lozenges which are licensed for children under 18 years only when recommended by a doctor)

**Cautions** Most warnings for NRT also apply to continued cigarette smoking but the risk of continued smoking outweighs any risks of using nicotine preparations. NRT should be used with caution in haemodynamically unstable patients hospitalised with severe arrhythmias, MI or cerebrovascular accident and in patients with pheochromocytoma or uncontrolled hyperthyroidism. Care is also needed in patients with diabetes mellitus-blood glucose concentration should be monitored closely when initiating treatment.

**Hepatic impairment** should be used with caution in moderate to severe hepatic impairment

**Renal impairment** should be used with caution in severe renal impairment

**Pregnancy** The use of NRT in pregnancy is preferable to the continuation of smoking, but should only be used if smoking cessation without NRT fails. Intermittent therapy is preferable to patches but avoid liquorice-flavoured nicotine products. Patches are useful, however, if the patient is experiencing pregnancy related nausea and vomiting. If patches are used, they should be removed before bed.

**Breast-feeding** Nicotine is present in milk; however, the amount to which the infant is exposed to is small and less hazardous than second-hand smoke. Intermittent therapy is preferred.”

**BNF online, December 2015, 4.10.2 Nicotine dependence**