

## A guide to nicotine replacement therapy products and dosages

The following guide suggests **nicotine replacement therapy (NRT)** products based on levels of nicotine dependence.

	Less than 10 cigarettes	10-20 cigarettes	20 – 30 cigarettes	More than 30 cigarettes
Smokes within <b>5 mins</b> of waking	<b>Medium</b>	<b>High</b>	<b>Very high</b>	<b>Very high</b>
Smokes within <b>6 – 30 mins</b> of waking	<b>Medium</b>	<b>High</b>	<b>Very high</b>	<b>Very high</b>
Smokes within <b>30 – 60 mins</b> of waking	<b>Low</b>	<b>Medium</b>	<b>High</b>	<b>Very high</b>
Smokes after <b>60 mins</b> of waking	<b>Low</b>	<b>Medium</b>	<b>High</b>	<b>Very high</b>

**Low dependence.** May benefit from using NRT occasionally.

<b>Nicorette</b>	<b>Nicotinell</b>	<b>NiQuitin</b>	
2mg gum – original, freshmint, freshfruit or icy white Inhalator (15mg)	2mg gum – mint, fruit 1mg lozenge	2mg gum – mint 2mg lozenge	1.5mg mini lozenge

**Medium dependence.** If smoking at regular intervals during the day recommend 16-hour patch. Alternatively with less regular smoking pattern suggest low strength intermittent product – gum, lozenges, mouth spray, microtabs, strips or inhalator where hand-to-mouth action of smoking is likely to be missed.

<b>Nicorette</b>	<b>Nicotinell</b>	<b>NiQuitin</b>	
15mg 16-hour Invisipatch 2mg gum – original, freshmint, freshfruit, or icy white Inhalator (15mg) 2mg Microtab – 1 per hour Mouth Spray (1mg) – 1-2 sprays per hr	2mg gum – mint,fruit	2mg gum – mint 2mg lozenge NiQuitin Strips 2.5mg	1.5mg mini lozenge

**High dependence.** Smoking regularly during the day and within 30 minutes of rising – either a 16 or 24-hour patch. For intermittent and supplementary use – full strength gum, lozenge, inhalator, nasal spray, mouth spray, microtab. mini lozenge or strips

<b>Nicorette</b>	<b>Nicotinell</b>	<b>NiQuitin</b>	
25mg 16 hr Invisipatch 15mg 16-hour Invisipatch 4mg – original, citrus, mint 2mg Microtab – 2 per hour Nasal spray Mouth Spray(1mg) – 4 sprays per hour max	21mg 24-hour patch 4mg gum – mint, fruit	21mg 24-hour patch clear or beige 4mg lozenge NiQuitin Strips 2.5mg	4mg mini lozenge

*In trials, a combination of two different NRTs was in general more effective than a single NRT (normally patch and another format).*

**Very high dependence.** Products as for high dependence. If using an intermittent product, nasal spray or mouth spray provide the fastest delivery for nicotine.

**16-hour patch versus 24-hour patch: points to consider**

- Both patches have been shown to be equally effective.
- 16-patch may mean less sleep disturbance and skin irritation.
- The manufacturers of 24-hour patch state that a 24-hour patch is used to optimise the effect against morning cravings.
- Studies have shown that a higher percentage of relapses occur afternoon/evening and morning,.

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## Suggested prescribing for two-week nicotine replacement therapy (NRT) supply

Brand	Supplied in	2-week supply
Nicorette <b>16-hour</b> Invisipatch Suggested patch regime 25mg x 8weeks 15mg x 2 weeks 10mg x 2 weeks	7 x 25mg, also 14 x 25mg 7 x 15mg 7 x 10mg	2 x 7 chosen product (or 14 x 25mg)
Nicotinell <b>24-hour</b> patch Beige patches Suggested patch regime Each patch strength 3-4 weeks	7 x '30' 21mg 7 x '20' 14mg 7 x '10' 7mg	2 x 7 chosen product
NiQuitin <b>24-hour</b> patch  Beige or clear patches  Suggested patch regime 21mg x 6weeks 14mg x 2 weeks 7mg x 2weeks	7 x 21 mg, also 14 x 21mg 7 x 14 mg 7 x 7 mg	2 x 7 chosen product (or 14 x 21mg)
<b>Pre-Quit Patch 24hr/21mg Clear</b>	7 x 21mg	2 x 7
Nicorette 2mg gum	15, 30, 105	2 x105
Nicorette 4mg gum	15,30,105	2 x 105
Nicotinell 2mg gum	12, 48, 96	2 x 96
Nicotinell 4mg gum	12, 48, 96	2 x 96
NiQuitin 2mg gum	48, 96	2 x 96
NiQuitin 4mg gum	48, 96	2 x 96
Nicotinell 1mg lozenge	12, 36, 96	1 x 96
Niquitin 2mg lozenge	36, 72	3 x 72
NiQuitin 4mg lozenge	36, 72	3 x 72
NiQuitin Minis 1.5 mg lozenge Mint and Orange flavour	20, 60	3 x 60
NiQuitin Minis 4 mg lozenge	20, 60	3 x 60
Nicorette Cools Lozenge	2mg 20 pack or 80 pack (4x20) 4mg 80 pack (4x20)	80 (4x20) 80 (4x20)
Nicorette microtab	30, 100	<b>Low to medium dependence</b> 2 x 100 pack <b>High dependence</b> 3 to 4 x 100 packs
Nicorette inhalator 15mg	36 cartridges pack (one cartridge holder in each pack)	<b>Low dependence</b> 2 x 36 <b>Medium dependence</b> 3 to 4 x 36
Nicorette nasal spray	200 spray bottle	4 bottles nicotine nasal spray
Nicorette Quick mist mouth spray dosage limit 2 sprays per dosing episode and 4 sprays per hour	1 dispenser pack 2 dispenser pack	2 dispenser pack
Niquitin Strips (Oral Films) 2.5mg	15 or 60	2 x 60

### Summary

- All formulations of nicotine replacement therapy (NRT) bupropion and varenicline have been shown to be significantly more effective than placebo in helping smokers quit.
- NICE guidance should be followed when considering treatment to aid smoking cessation.

### Points to remember

- Refer smokers to smoking cessation service or registered smoking advisor(s)
- Use the most cost-effective product that is best suited to the smoker's needs and/or preferences.
- There is little evidence for the use of varenicline or bupropion and NRT in combination, although using more than one format of NRT has been proven to be more effective than monotherapy (normally patch and another format).
- Smokers must demonstrate their quit attempt is continuing before a second prescription is given.