

Smoking Cessation Pharmacotherapy Formulary

Nicotine Replacement Therapy

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 5 mins of waking	Medium	High	Very high	Very high
Smokes within 6 – 30 mins of waking	Medium	High	Very high	Very high
Smokes within 30 – 60 mins of waking	Low	Medium	High	Very high
Smokes after 60 mins of waking	Low	Medium	High	Very high

Pharmacotherapy principles:

- 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.
- E-vouchers or prescriptions for NRT must only be generated by those practitioners that are certified to do so.
- Further information about NRT products is available on the NCSCT website, with links to the full Summary of Product Characteristics for each drug, including dosages, common side effects and contraindications. https://www.ncsct.co.uk/publication_nicotine-patches.php
- Bupropion and cytisinicline are prescription only medications, which must be prescribed and are not available by e-voucher.
- The service offers vapes as part of its behavioural program, but they cannot be combined with Nicotine Replacement Therapy (NRT). Clients must choose either vapes or NRT. If NRT is chosen, it can be used in combination with another form of NRT.'
- For pregnant women, consider NRT at the earliest opportunity.
- The order of product suggestions is based on the cost-effectiveness of each product. Indicative prices are a guide and are not relative (£££ does not cost three times that of £)

Points to remember

- Where possible, refer smokers to smoking cessation service or registered smoking advisor(s) where patients can receive behavioural support to quit, as well as NRT products. Providing both together is the best way to increase a person's chance of quitting. A list of smoking cessation service providers in Bradford District is available here, <https://mylivingwell.co.uk/smoking/support-to-quit>
- Use the most cost-effective product that is best suited to the smoker's needs and/or preferences using the guide below.
- Ensure cautions and contra-indications to treatments are checked to ensure patients only receive suitable products.
- Provide only two week's supply of NRT or other stop smoking pharmacotherapy at a time. This avoids excessive wastage where a patient does not find the product suitable.
- There is little evidence for the use of 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.
- **Some smokers may be happy to purchase their own NRT products. Low-cost gum and lozenges are widely available, as are standard cost patches. Smokers should be asked if they are happy to purchase their own products and a prescription/voucher issued if they are not able to.**

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.
- 24-hour patches have a lower acquisition cost
- Studies have shown that a higher percentage of relapses occur afternoon/evening and morning.

Low dependence May benefit from using NRT occasionally

	Product	Dose	Quantity to prescribe for approx. 14 days	Comments	Indicative Cost
1 st Choice	Nicotinell® 2mg gum (fruit or mint)	Up to 15 pieces a day	1 x 204		£
2 nd Choice	Nicorette® 2mg gum (Icywhite, freshmint, fruit or original)	Up to 15 pieces a day	1 x 210		£
3 rd Choice	Nicorette® 1mg Quickmist mouthspray (coolberry, freshmint, SmartTrack)	Max 1- 2 sprays per hour	1 x 26.4ml	1 large bottle is more cost effective than 2 small bottles.	££
4 th choice	Nicorette® 10mg/ml nasal spray	Max 64 sprays in 24 hours	2 x 10ml	Max dose based on 2 sprays per nostril per hour for 16 hours.	££££
4 th choice	Nicorette® 15mg inhalator	Max 6 per day as QDS plus 2 prn	1 or 2 x 36 cartridges according to expected patient demand	For use where hand to mouth action may be missed.	£££££

Medium Dependence

If smoking at regular intervals during the day recommend a patch.

Alternatively, with less regular smoking pattern suggest low strength intermittent product – gum, lozenges, mouth spray, microtabs, or inhalator where hand-to-mouth action of smoking is likely to be missed.

Patches:

	Product	Dose	Quantity to prescribe for approx. 14 days	Comments	Indicative Cost
1 st Choice	Nicotinell® 24-hour patch (beige)	14mg '20 TTS' for 3-4 weeks then reduce to 7mg '10 TTS' for 3-4 weeks	2 x 7*	If disturbing sleep remove at bedtime	££
2 nd Choice	NiQuitin® CQ 24-hour patch (clear/beige)	14mg for 3-4 weeks then reduce to 7mg for 3-4 weeks	1 x 14*	If disturbing sleep remove at bedtime. More cost effective to prescribe 1 x 14 than 2 x 7	££
3 rd Choice	Nicorette® 16-hour invisipatch	15mg for 3-4 weeks then 10mg for 3-4 weeks.	2 x 7*	24 hour patches more cost effective	£££

*There is a difference in cost by prescribing either 2 x 7 or 1 x 14 so please follow the guide for the most cost-effective option

NB: Generic prescribing – where product availability is problematic, patches may be ordered generically.

Intermittent Products:

	Product	Dose	Quantity to prescribe for approx. 14 days	Comments	Indicative cost
1 st Choice	Nicotinell® 2mg gum (fruit or mint)	Up to 15 pieces a day	1 x 204		£
2 nd Choice	Nicotinell® 1mg lozenge (mint)	8- 15 lozenges a day	2 x 96		£
	Nicorette® 2mg gum (Icywhite, freshmint, fruit or original)	Up to 15 pieces a day	1 x 210		£
3 rd Choice	Nicorette® 1mg Quickmist mouthspray (coolberry, freshmint, SmartTrack)	Max 1- 2 sprays per hour	1 x 26.4ml	1 large bottle is more cost effective than 2 small bottles.	££
	NiQuitin® 2mg Mint Lozenge	Up to 15 lozenges a day	3 x 72		£££
4 th choice	Nicorette® 2mg Microtab	8-15 tabs a day	2 x 100		££££
	NiQuitin® 1.5mg minis (mint or cherry) lozenge	Up to 15 lozenges a day	3 x 60		££££
	Nicorette® 10mg/ml nasal spray	Max 64 sprays in 24 hours	2 x 10ml	Max dose based on 2 sprays per nostril per hour for 16 hours.	££££
5 th choice	Nicorette® 15mg inhalator	Max 6 cartridges per day as QDS plus 2 prn	1 or 2 x 36 cartridges according to expected patient demand	For use where hand to mouth action may be missed.	£££££

High and Very 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 or mini lozenge.

	Product	Dose	Quantity to prescribe for approx. 14 days	Comments	Indicative Cost
1 st Choice	Nicotinell® 24-hour patch (beige)	21mg '30 TTS' for 4 weeks then reduce	2 x 7*	If disturbing sleep remove at bedtime	££
2 nd Choice	NiQuitin® CQ 24-hour patch (clear/beige)	21mg for 4 weeks then reduce	1 x 14*	If disturbing sleep remove at bedtime. More cost effective to prescribe 1 x 14 than 2 x 7	££
3 rd Choice	Nicorette® 16-hour invisipatch	25mg for 4 weeks then reduce	2 x 7*	24 hour patches more cost effective	£££

*There is a difference in cost by prescribing either 2 x 7 or 1 x 14 so please follow the guide for the most cost-effective option

NB: Generic prescribing – where product availability is problematic, patches may be ordered generically.

Intermittent Products:

	Product	Dose	Quantity to prescribe for approx. 14 days	Comments	Indicative cost
1 st Choice	Nicotinell® 4mg gum (fruit or mint)	Up to 15 pieces a day	1 x 204		£
	Nicotinell® 2mg lozenge (mint)	Up to 15 lozenges a day (normally 8-12)	1 x 204		£
2 nd Choice	Nicorette® 4mg gum (Icywhite, freshmint, fruitfusion or original)	Up to 15 pieces a day	1 x 210 (2 x 105 for fruitfusion)		££
	NiQuitin® 4mg Mint Lozenge	Up to 15 lozenges a day	3 x 72		££
3 rd Choice	NiQuitin® 4mg minis (mint or cherry) lozenge	Up to 15 lozenges a day	3 x 60		£££
4 th choice	Nicorette® 2mg Microtab	Up to 40 tabs a day	3 x 100		££££
	Nicorette® 1mg Quickmist mouthspray (coolberry, freshmint, SmartTrack)	Max 4 sprays per hour	1 or 2 x 26.4ml	A large (26.4ml) bottle is more cost effective than 2 small bottles.	££££
	Nicorette® 10mg/ml nasal spray	Max 64 sprays in 24 hours	2 x 10ml	Max dose based on 2 sprays per nostril per hour for 16 hours.	££££
5 th choice	Nicorette® 15mg inhalator	Max 6 cartridges per day as QDS plus 2 prn	1 or 2 x 36 cartridges according to expected patient demand	For use where hand to mouth action may be missed.	£££££

Prescription-only Pharmacotherapy (POM medicines)

If the patient would like to try a prescription only product, please refer the patient to their GP practice for review, via a SystemOne task, asking the GP/pharmacist to check suitability of the treatment according to the patient's existing conditions and medicines.

Please including details about the patient's alcohol intake, and any note any history of depression. Advise the patient that before having treatment prescribed they may have their blood pressure checked, and that the GP will only prescribe if they feel the treatment is suitable once their full medical history has been checked.

Bupropion (Zyban®) or cytisinicline (Cytisine®) may be prescribed. Please refer to the relevant SPC for details of doses, cautions and contra-indications.

These products can not be supplies as part of the e-voucher scheme.

References

- NCSCT Local Stop Smoking Services, Service delivery & monitoring guidance 2014,
- NCSCT - <https://www.ncsct.co.uk/>
- BNF - <https://bnf.nice.org.uk/> accesses Feb 2022, updated June 2024
- Electronic Medicines Compendium - <http://www.medicines.org.uk/emc/> for product SPCs
- Drug Tariff - <https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff> February 2022