

UKANQUIT RECOMMENDS COMBINATION THERAPY

Patch PLUS – Short Acting NRT (patch, gum, lozenge, inhaler, or nasal spray)

Cessation Medication Dosing Information	
Combination Therapy – is the most effective <ul style="list-style-type: none"> 1.5 to 2 fold increases in cessation rates Treating Tobacco Use and Dependence Clinical Practice Guidelines Safety, tolerability of high doses NRT 	Patch PLUS a short acting NRT <ul style="list-style-type: none"> Select a “long acting” nicotine patch, based on the number of cigarettes per day your patient smokes Select a “short acting” nicotine replacement product (gum, lozenge, inhaler, nasal spray) to help with break through cravings
Nicotine Patch – Long acting <ul style="list-style-type: none"> Patches should be worn for 24 hours Place on a clean, dry and relatively hairless part of the body between the neck and the waist (upper arm, shoulder or the back) Place in a different location each day to prevent skin irritation Use the patch for at least 12 weeks 	Dosing Recommendations (24 hour patch) <ul style="list-style-type: none"> <4 cpd = 7 mg/day 5-9 cpd = 14 mg/day 10 – 20 cpd = 21 mg/day 21-39 cpd = 28-35 mg/day >40 cpd = 42 mg/day
Nicotine Lozenge – Short acting <ul style="list-style-type: none"> Best used for breakthrough cravings Nicotine absorbs through the mucus membranes of the inner cheek Park the lozenge between the cheek and gum Move every 5 minutes to other side of mouth Do not chew or swallow No food/beverage 15 min before or during use 	Dosing Recommendations <p>Based on time to first cigarette of the day</p> <ul style="list-style-type: none"> ≤ 30 minutes of waking = 4 mg lozenge > 30 minutes of waking = 2 mg lozenge <p>Initial dosing is 1 lozenge every 1-2 hours (minimum of 9/day)</p> <p>Maximum – 24 lozenges/day</p>
Nicotine Gum – Short acting <ul style="list-style-type: none"> Best used for breakthrough cravings Nicotine absorbs through the mucus membranes of the inner cheek Soften the gum slightly (do not chew like chewing gum). Then park the chewing gum between the cheek and gum Move every 5 minutes to other side of mouth No food/beverage 15 min before or during use 	Dosing Recommendations <p>Based on time to first cigarette of the day</p> <ul style="list-style-type: none"> ≤ 30 minutes of waking = 4 mg gum > 30 minutes of waking = 2 mg gum <p>Initial dosing is 1 piece every 1-2 hours (minimum of 10-12 pieces/day)</p> <p>Maximum – 24 pieces/day</p>

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<p>Nicotine Inhaler and Nasal Spray – Short acting</p> <p><u>Inhaler</u></p> <ul style="list-style-type: none"> • Delivers nicotine through the lining of the mouth, not to the lung <p><u>Nasal Spray</u></p> <ul style="list-style-type: none"> • Delivers nicotine through the lining of the nose • Not meant to be sniffed but sprayed into each nostril 	<p>Dosing Recommendations</p> <p><u>Inhaler</u></p> <ul style="list-style-type: none"> • 6-16 cartridges (10 mg)/day <p><u>Nasal Spray</u></p> <ul style="list-style-type: none"> • 1 spray in each nostril 1-2 times/hr, up to 5 times/hour or 40 times/day – Most average 14-15 doses/day
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