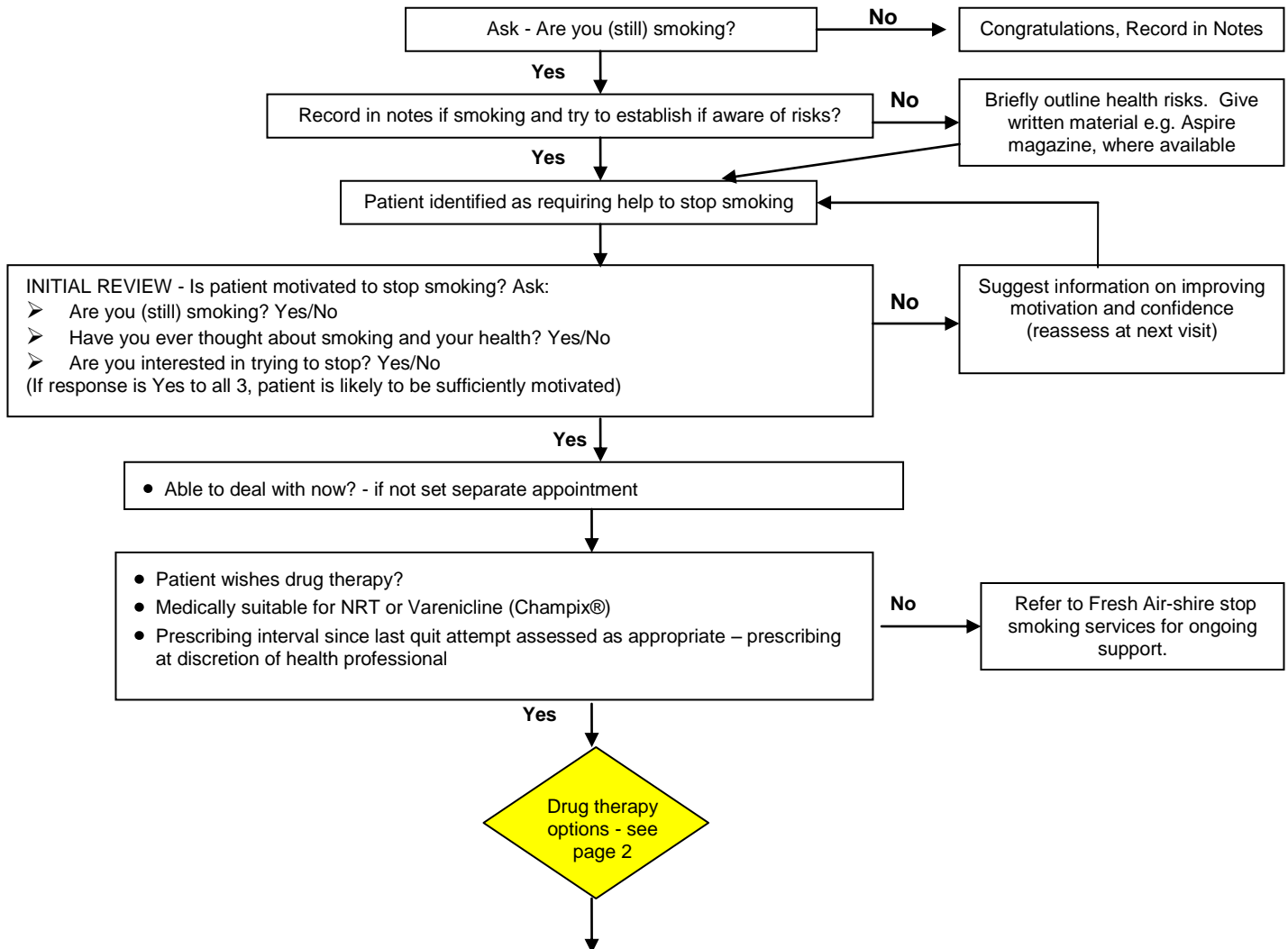


This NHS Ayrshire and Arran Stop Smoking Guidance provides information for staff on medicines and services, when undertaking stop smoking interventions. It is aimed at all practitioners involved in stop smoking support and advice within NHS Ayrshire and Arran

Ayrshire and Arran Joint Formulary Options

1st choice: Nicotine Replacement Therapy (NRT) **2nd choice:** Varenicline (Champix®)

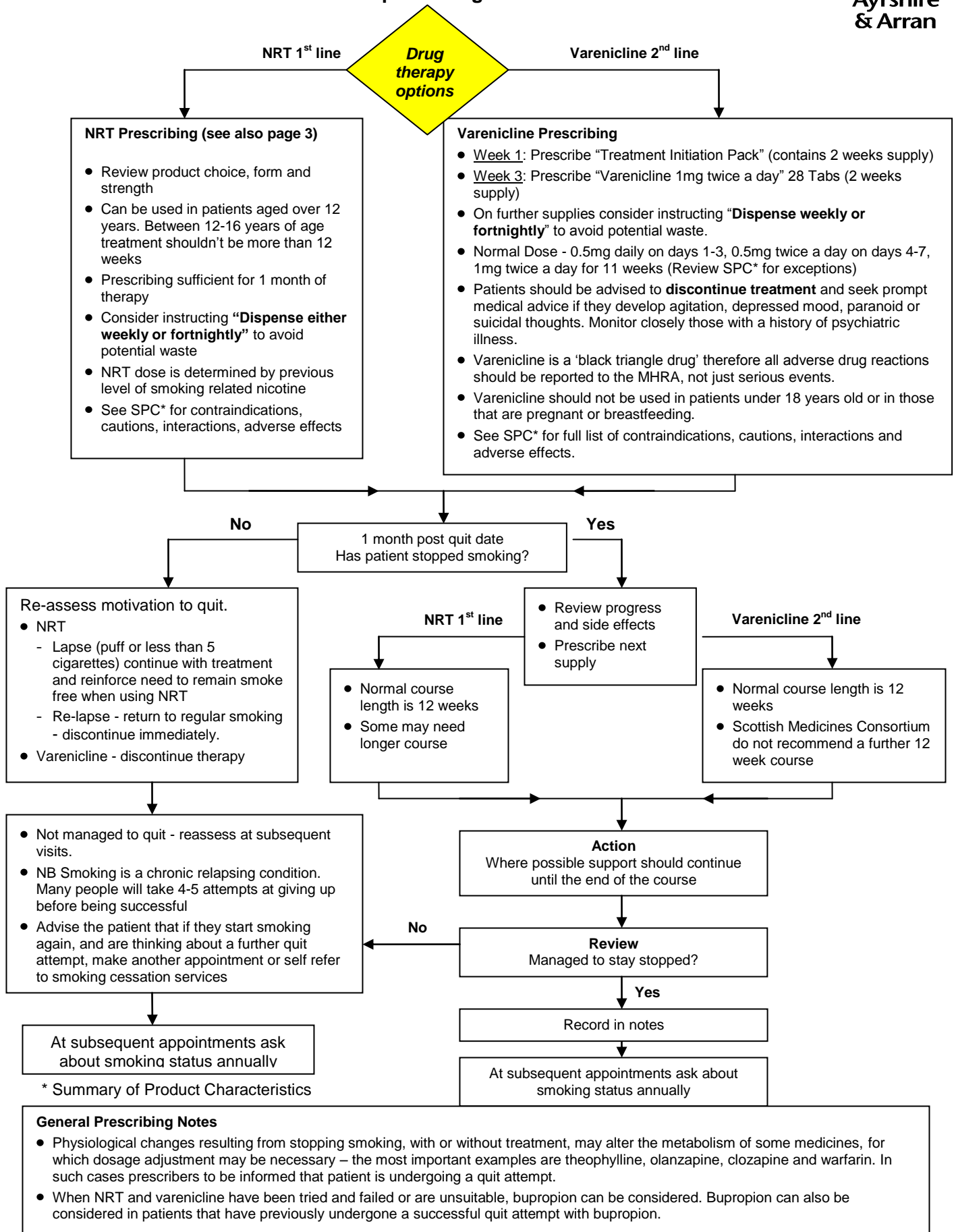
NRT or varenicline should only be prescribed in combination with stop smoking advice and support



For individuals identified as requiring help to stop smoking, various services are available to provide regular support;

- Fresh Air-shire is a specialist stop smoking service offering intensive support, either on a one to one or group basis
 - Contact 0800 783 9132
- All community pharmacies offer a stop smoking service which consists of a programme of individual support and advice and NRT
 - Contact your local Community Pharmacy
- Support from GP practices - many GP practices offer support for people who want to stop smoking.

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NICOTINE REPLACEMENT THERAPY - CHOICE OF FORMULATIONS

- All NRT preparations have similar efficacy; giving patients the choice increases success rates. Perseverance is needed.
- Patch formulation is suitable for individuals who prefer a continuous dose of nicotine throughout the day. Other formulations may be suitable for individuals who prefer to self dose when urge to smoke occurs.
- Patients smoking more than 10 cigarettes per day who have felt insufficiently supported with a patch previously may, in addition to a patch, be offered the use of a second intermittent NRT product to carry around with them to use as required to prevent relapse eg long-acting NRT products like patches can be combined with shorter acting intermittent products like lozenges, gum or inhalators. If a second product is required the maximum recommended daily dose should be reduced.
- The following formulations can be expensive in moderate/heavy smokers; lozenge, sublingual tablet, inhalator and nasal spray.
- Normal course length is 12 weeks.
- For details on doses, adverse effects, cautions and contra-indications of individual products refer to the Summary of Product Characteristics (www.emc.medicines.org.uk).

<p>Nicotine patch-25mg, 15mg and 10mg as 16 hour patch or 21mg, 14mg and 7mg as 24 hour patch</p> <ul style="list-style-type: none"> • Discreet and easy to use. • Available in different strengths, lasting 16 or 24 hours. <ul style="list-style-type: none"> – 16 hour patch – useful for those who suffered sleep disturbance during a previous quit attempt with 24 hour patches. • Supplies nicotine continuously throughout the day (helps relieve withdrawal symptoms and physical cravings). • Rotate the patch site to avoid itching, redness or skin dryness under the patch. • Patches are the least preferred option in pregnancy because of constant delivery of nicotine 	<p>Nicotine gum-2mg and 4mg</p> <ul style="list-style-type: none"> • Available in two strengths and several flavours. • Nicotine is absorbed through the lining of the mouth therefore discourage constant chewing by “chew/park/chew” technique for around 30 minutes. • Can taste slightly peppery at first. • Can irritate the mouth and throat, increase salivation and aggravate stomach ulcers. • Gum is not recommended in denture wearers.
<p>Nicotine lozenge-1mg, 2mg and 4mg or 1.5mg and 4mg as a mini lozenge</p> <ul style="list-style-type: none"> • Discreet, flexible and offers good dose control. • An effective alternative to gum and available in several strengths and flavours; mint flavour may be more palatable. • One lozenge is used every 1-2 hours for the first few weeks reducing the number gradually each day and over the next few weeks until they are not needed anymore. • Do not chew or swallow. • Acquired taste; side effects can include stomach upset, stinging in mouth, hiccups and localized irritation • Not licensed for under 18's 	<p>Nicotine Mouthspray 1mg</p> <ul style="list-style-type: none"> • The discreet mouthspray format ensures rapid absorption of nicotine. • ‘Prime’ the mouthspray by pointing it away from the face and pressing the top until a fine spray appears. After priming, hold the mouthspray as close to the mouth as possible and press to release 1 spray into the mouth. Avoid the lips. For best results, do not inhale, swallow, eat or drink straight after using the mouthspray. • Side effects are similar to those associated with other oral NRT formats. • Use 1 or 2 sprays every 30 minutes-1hour. Maximum 4 sprays per hour.

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<p>Nicotine inhalator-15mg</p> <ul style="list-style-type: none"> • The inhalator is helpful if the smoker misses the ritual of smoking. • The inhalator looks like a cigarette holder, inside which a cartridge containing nicotine is placed. Nicotine is taken into the mouth and the back of the throat by a short suck on the inhalator when craving a cigarette. • Use as needed up to a maximum of 6 cartridges per day for up to 8 weeks then gradually reduce to zero over the next 4 weeks. 	<p>Nicotine nasal spray-500mcg metered spray</p> <ul style="list-style-type: none"> • Useful for people with severe withdrawal symptoms or heavy smokers. • Presented as a bottle with a nozzle that delivers a dose of nicotine via a fine spray into each nostril. The nicotine is quickly absorbed through the lining of the nose and mimics cigarettes more closely by giving a relatively fast effect. • The spray may initially irritate the nose and throat. • Apply 1 spray per nostril when required (max twice hourly) for up to 8 weeks, then reduce and stop over next 4 weeks. • Maximum of 64 sprays in 24 hours
<p>Nicotine sublingual tablet-2mg and 4mg</p> <ul style="list-style-type: none"> • Discreet, flexible and offers good dose control. • The small tablet dissolves under the tongue. • The tablet must not be sucked, chewed or swallowed, as this will reduce the amount of nicotine absorbed. • Need to be taken regularly; side effects can include stomach upset, stinging mouth, hiccups and localized irritation. 	