

Stop Smoking Guidance

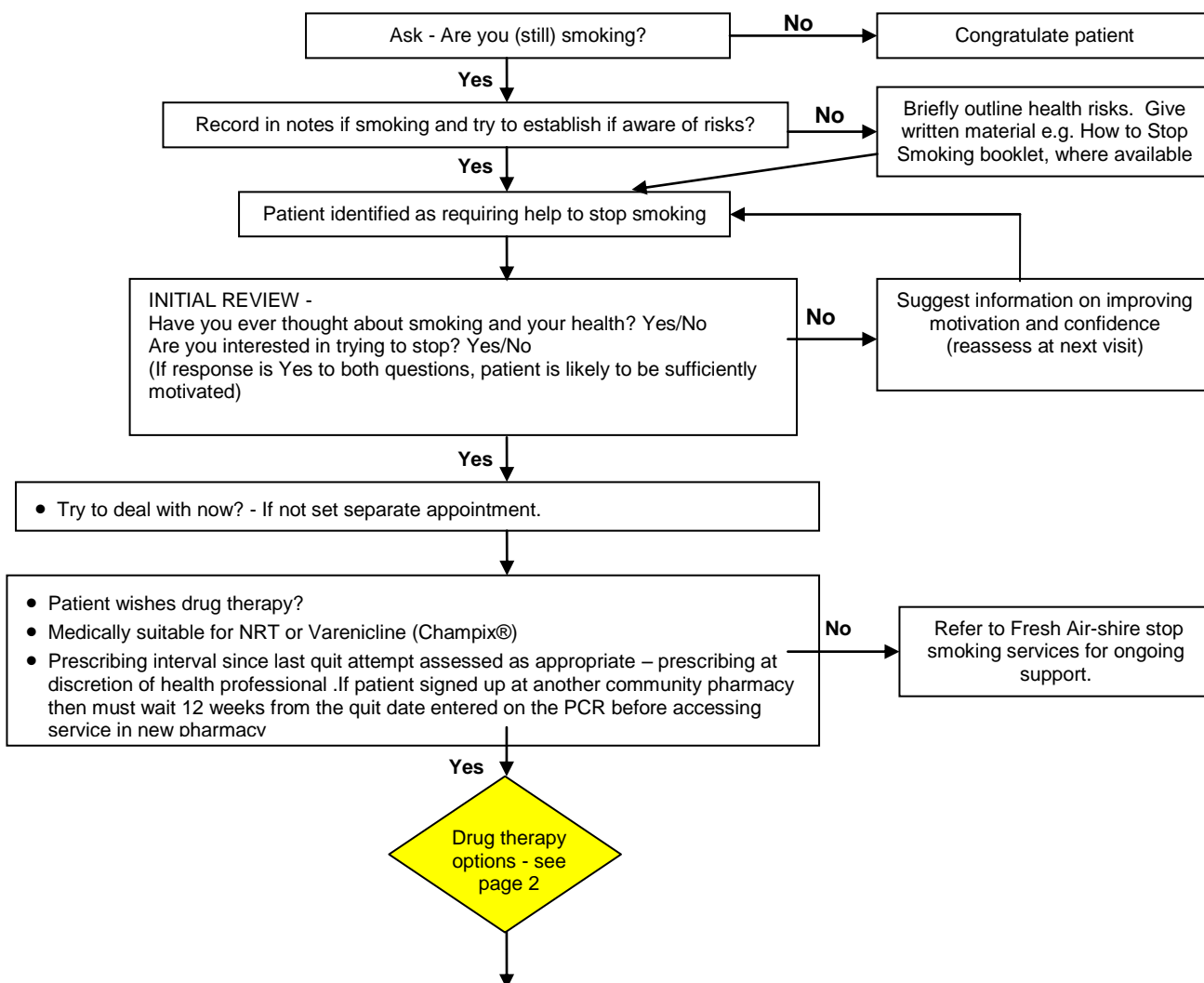
This NHS Ayrshire and Arran Stop Smoking Guidance provides information for staff on medicines and services, when undertaking stop smoking interventions. It is aimed at all Community Pharmacy and Fresh Air-Shire staff involved in stop smoking support and advice within NHS Ayrshire and Arran. Any patient motivated to stop smoking should be referred to either of these two services

Ayrshire and Arran Joint Formulary Options

1st Line: Nicotine Replacement Therapy (NRT)

2nd Line: Varenicline (Champix®)

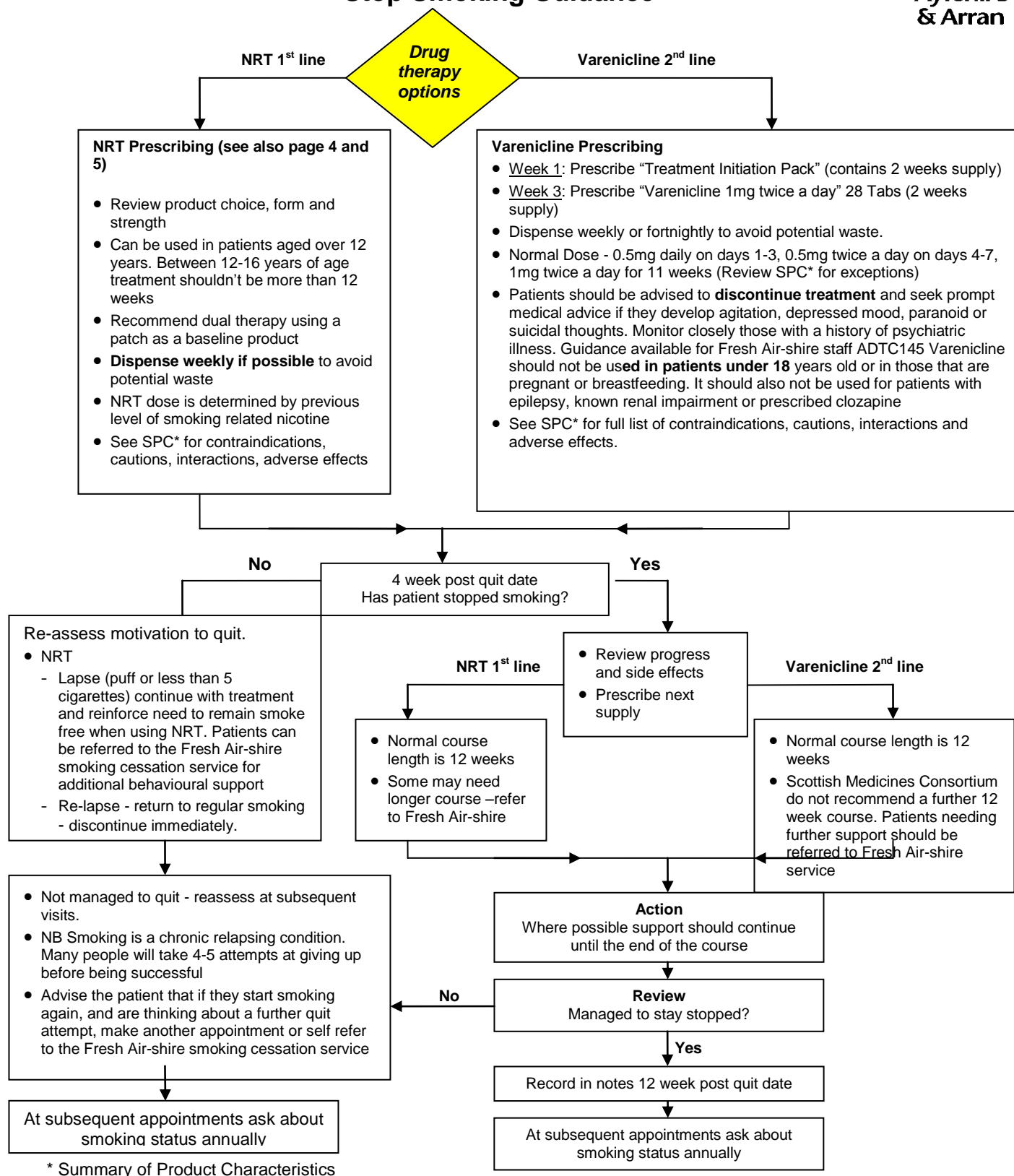
NRT or Varenicline should only be prescribed in combination with stop smoking advice and support



For individuals identified as requiring help to stop smoking, 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/Varenicline
 - Contact your local Community Pharmacy

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General Prescribing Notes

- Physiological changes resulting from stopping smoking, with or without treatment, may alter the metabolism of some medicines, for which dosage adjustment may be necessary – the most important examples are theophylline, olanzapine, clozapine and warfarin. In such cases prescribers to be informed that patient is undergoing a quit attempt.
- <http://athena/adtc/DTC%20%20Clinical%20Guidelines/ADTC90.pdf> <http://athena/adtc/DTC%20%20Clinical%20Guidelines/ADTC145.pdf>

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NICOTINE REPLACEMENT THERAPY - CHOICE OF FORMULATIONS

- All NRT preparations have similar efficacy; giving patients the choice increases success rates.
- Dual therapy NRT is recommended
- Patch formulation should be used as a baseline product as it will release a continuous dose of nicotine throughout the day. Other formulations should be discussed with patients to self dose when urge to smoke occurs.
- Patients who cannot tolerate a patch should be offered the use of a second intermittent NRT product to prevent relapse.
- Normal course length is 12 weeks. A further 12 weeks NRT may be supplied with support from the Fresh Air-shire team.
- All NRT 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)
- 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 - 21mg, 14mg and 7mg as 24 hour patch (Nicotinell is the formulary preparation)</p> <ul style="list-style-type: none"> • Discreet and easy to use. • Those who suffered from sleep disturbance during a previous quit attempt are advised to remove patch before going to bed. • 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 • Maximum of one patch in 24 hours 	<p>Nicotine gum - 2mg and 4mg (Nicotinell is the formulary preparation)</p> <ul style="list-style-type: none"> • Available in two strengths and 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. • Maximum of 15 pieces in 24 hours
<p>Nicotine lozenge - 1mg and 2mg (Nicotinell is the formulary preparation)</p> <ul style="list-style-type: none"> • Discreet, flexible and offers good dose control. • An effective alternative to gum and available in two strengths and a mint flavour. • 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 • Maximum of 15 lozenges in 24 hours 	

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Nicotine inhalator - 15mg (Nicorette is the formulary preparation) <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 maximum of 6 cartridges daily for up to 8 weeks, then reduce and stop over next 4 weeks.	Nicotine Oral Spray - 1mg/metered dose Nicorette is the formulary preparation) <ul style="list-style-type: none">• Use 1-2 sprays when the urge to smoke occurs or reduce cravings• Do not exceed 2 sprays per episode (up to 4 sprays every hour)• Maximum of 64 sprays in 24 hours•
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