

Nicotine Replacement Therapy – at a glance

	Patch	Gum	Spray	Inhalator	Microtab	Lozenge
Administration	Apply on waking to dry, non-hairy skin on the trunk or upper arm and place new patch on a different site. Note some patches are only applied for 16 hours each day. Not suitable for occasional smokers.	A piece of gum should be chewed slowly for approx. 30 min when the urge to smoke occurs.	Use one spray in each nostril when the urge to smoke occurs.	Inhale when the urge to smoke occurs.	Place the tablet under the tongue when urge to smoke occurs.	Allow one loz. to dissolve slowly by holding at side of mouth (periodically moving it from side to side). Loz. should dissolve in around 30 min.
Dose	<p>Nicorette: 15mg/16hr patch for 8 weeks then 10mg/16hr for 2 weeks then 5mg/16hr for the final 2 weeks.</p> <p>Nicotinell TTS: Smoke ≥ 20/day 30cm²/24 hr then reduce patch size every 3-4 weeks Smoke < 20/day 20cm²/24 hr for 3-4 weeks then 10cm²/24 hr for 3-4 weeks Max. 3 months treatment</p> <p>NiQuitin CQ: Smoke > 10/day 21mg/24 hr for 6 weeks, 14mg/24 hr for 2 weeks, 7mg/24 hr for 2 weeks Smoke ≤ 10/day start with 14mg/24 hr for 6 weeks. Max. 10 weeks treatment</p>	<p>Nicorette: Smoke > 20 a day: 4mg Smoke ≤ 20 a day: 2mg Max. 15/day</p> <p>Nicotinell: Heavy smokers should use 4mg strength gum Max. 25 x 2mg/day Max. 15 x 4mg/day</p> <p>Both: Withdraw use gradually after 3 months.</p> <p>NiQuitin CQ: Smoke first cigarette > 30min after waking use 2mg, < 30min use 4mg. Max. 15/day. Use for 3 months, stop when using 1 or 2 gums/day.</p>	<p>Use when required for 8 weeks, then reduce dose by half over next 2 weeks and stop after a further 2 weeks. (500mcg/spray) Max. 64 sprays/day (or max. 1 spray to each nostril twice an hour for 16hrs/day).</p> <p>Max. 3 months treatment</p>	<p>Smokers should use 6-12 cartridges per day (10mg/cartridge) for up to 8 weeks. N.B. One cartridge will last for 20mins of intensive use. Reduce use by half over next 2 weeks and after a further 2 weeks reduce to zero.</p> <p>Max. 3 months treatment suggested</p>	<p>Smoke > 20 a day: use 4mg hourly.</p> <p>Smoke < 20 a day: 2mg hourly.</p> <p>Max. 40 tabs/day Gradually reduce the dose after 3 months, stop when using 1 or 2 tabs per day. Max. 6 months treatment</p>	<p>Nicotinell: Not recommended if smoke > 30 a day. Initially 1 loz. (1mg) every 1 or 2 hrs. Usual dose 8-12 per day. Max. 25 loz/day.</p> <p>NiQuitin CQ: Smoke first cigarette > 30min after waking use 2mg, < 30min use 4mg. 1 loz. every 1 or 2 hrs weeks 1-6, every 2 or 4 hrs weeks 7-9, every 4 or 8 hrs weeks 10-12. For next 12 weeks use 1 or 2 loz/day only when strong urge to smoke. Max. 15 loz/day.</p> <p>Both: Withdraw gradually after 3 months.</p>
Advantages	Easy to use 24 hour patch can help with early morning craving.	Easy to regulate dose, can help to stop over eating.	Provides fast relief for cravings, easy to adjust dose.	Keeps hands busy, easy to regulate dose.	Discreet, easy to adjust dose, few side effects.	Discreet and easy to use.
Disadvantages	May irritate skin at application site. Avoid patches in chronic generalised skin disease. 24 hour patches may disturb sleep. No oral involvement.	Tricky with dentures..	May cause nasal irritation at first. May cause dependence.	Not very good for heavy smokers and may attract attention in public.	Must be used correctly, wasted if swallowed.	May cause throat irritation and indigestion.
Examples of products available	16hr patches: Nicorette 24hr patches: Nicotinell TTS, NiQuitin CQ	Nicotinell gum Nicorette gum NiQuitin CQ gum	Nicorette nasal spray	Nicorette inhalator	Nicorette microtab	Nicotinell mint lozenge NiQuitin CQ lozenge
Approximate weekly cost	£16 - £17.50	£16 - £19	£19.25 for 10ml	Up to £40	Up to £45	Up to £29

Cautions and contra-indications: severe cardiovascular disease (including severe arrhythmia or immediately post myocardial infarction), recent cerebrovascular events. Use in pregnancy on a risk benefit basis.

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