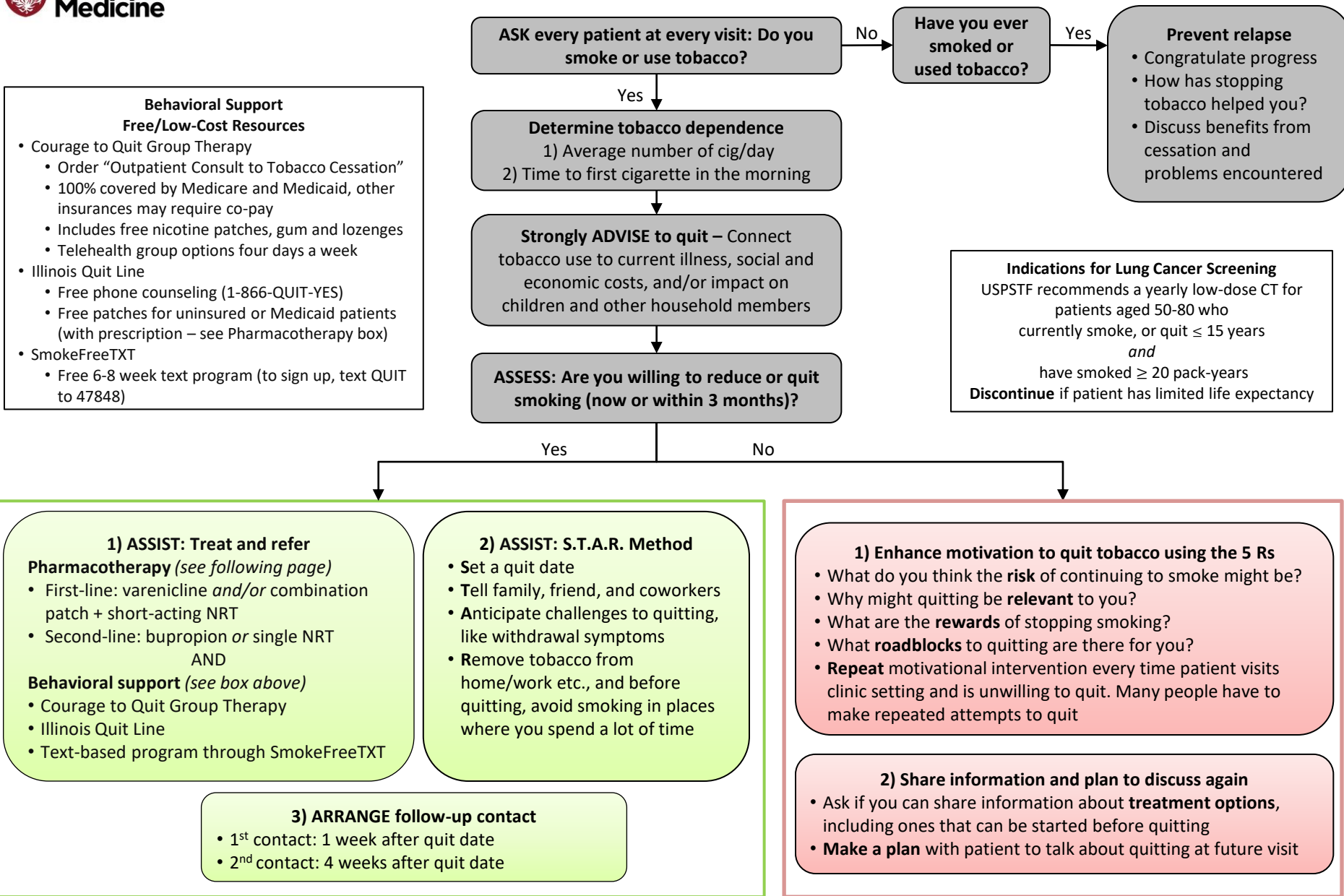


Adult Tobacco Cessation Screening and Management



Nicotine Replacement Therapy (combination patch + short-acting recommended)							
	Patch	Gum	Lozenge	Inhaler	Nasal Spray	Varenicline (1 st line)	Bupropion SR (2 nd line)
General Info	Long-acting; Simplest NRT to use; constant relief from withdrawal for 24 hours; high compliance rate; available OTC	Most commonly used short-acting NRT; available OTC in several flavors; releases nicotine absorbed through oral mucosa	Short-acting. Similar pharmacokinetics to nicotine gum. Available OTC. Easier to use correctly than gum.	Short-acting. Consist of a mouth piece and nicotine-containing cartridge. Addresses behavioral and sensory aspects of smoking. Pharmacokinetics similar to gum. Requires prescription.	Short-acting. Delivers an aqueous solution of nicotine to nasal mucosa. Requires prescription. Side effects are less tolerated.	α -4 β -2 receptor partial agonist, blocks rewarding effects of nicotine, reduces withdrawal symptoms	Enhances CNS noradrenergic and dopaminergic release, reduces withdrawal symptoms
Dosing & Ordering	<p>≥ 10 cig/day and weight > 45 kg, start with highest dose (21 mg/day) for 6 weeks, then 14 mg/day for 2 weeks, and finish with 7 mg/day for 2 weeks</p> <p>< 10 cig/day or weight < 45 kg, start with medium dose (14 mg/day) for 6 weeks, then 7 mg/day for 2 weeks</p> <p><u>For 30 day supply:</u> order 1 patch/day for 6 weeks (quantity 42), then 1 patch/day for 2 weeks (quantity 14)</p>	<p>1st cigarette ≤ 30 min after waking: 4 mg dose</p> <p>1st cigarette >30 min after waking: 2 mg dose</p> <p>Weeks 1-6: 1 piece every 1-2 hrs prn cravings Weeks 7-9: 1 piece every 2-4 hrs prn cravings Weeks 10-12: 1 piece every 4-8 hrs prn cravings</p> <p>Max 24 pieces/day</p> <p><u>For 30 day supply:</u> order 24 pieces/day for 30 days (quantity 720) unless patient says they use fewer</p>	<p>1st cigarette ≤ 30 min after waking: 4 mg dose</p> <p>1st cigarette >30 min after waking: 2 mg dose</p> <p>Weeks 1-6: 1 every 1-2 hrs prn cravings Weeks 7-9: 1 every 2-4 hrs prn cravings Weeks 10-12: 1 every 4-8 hrs prn cravings</p> <p>Max 5 every 6 hours or 20/day.</p> <p><u>For 30 day supply:</u> order 20 pieces/day for 30 days (quantity 600) unless patient says they use fewer</p>	<p>10 mg cartridge delivers 4 mg of nicotine</p> <p>6-16 cartridges per day for 6-12 weeks. Gradually reduce dose over next 6-12 weeks. Typical administration is for 12 weeks.</p> <p>Max 16 cartridges/day</p> <p><u>For 30 day supply:</u> order 16 cartridges/day for 30 days (quantity 480) unless patient says they use fewer</p>	<p>1-2 sprays/hour for 3 months</p> <p>Max 10 sprays/hour and 80 sprays/day</p>	<p>12-week starter pack (0.5 mg/day for 3 days, then 0.5 mg 2x/day for 4 days, then 1 mg bid)</p>	<p>150 mg/day for 3-7 days, then 2x/day for 12 weeks (if not tolerated, keep at 150 mg/day)</p>
Directions	Apply 1 patch each morning; rotate the site daily to avoid irritation. Smoking cessation rates are similar whether patch is left on for 24 hr or taken off at night.	“Chew and park” -- chew until nicotine taste appears, then “park” gum in buccal mucosa until taste disappears.	Place lozenge in buccal mucosa and let it dissolve slowly.	Inhale through device, nicotine vapor is released and deposited in oropharynx, absorbed through oral mucosa.		Fixed Quit: quit 1 week after starting drug; Flexible Quit: quit within 1 month; Gradual Quit: reduce smoking, quit within 3 months	Due to side effect of insomnia, recommend first dose in AM and second dose 8 hours after
Side Effects	Skin irritation, sleep problems.	Mouth irritation, hiccups, heartburn, nausea.	Mouth irritation, hiccups, heartburn, nausea.	Mouth and throat irritation, cough.	Nasal discomfort, throat irritation, rhinitis, cough.	Nausea and sleep disorders. There used to be concerns of neuropsychiatric effects and/or CV effects, but those have been disproved.	Insomnia, agitation, dry mouth, and headache. Contraindicated in patients with seizure disorder because it reduces seizure threshold. This is a dose-dependent response.