

NICOTINE REPLACEMENT THERAPY - ALWAYS PRESCRIBE ENOUGH

For all people smoking 10 or more cigarettes/day **and** smoking within an hour of waking:



Give full strength patch (21mg/24hr)
with either gum (4mg)
or lozenge (2mg)

For people who smoke
a) within an hour of waking but < 10 cigarettes/day
b) after an hour of waking and ≥ 10 cigarettes/day



Give full strength patch (21mg/24hr)
with either gum (2mg)
or lozenge (1mg)

For people who smoke after an hour of waking and ≤ 10 cigarettes/day:



Give lower strength patch (14mg/24hr)
or lozenge (1mg)
or gum (2mg)

Reassess after 24 hours, increase if still craving cigarettes.

KEY REFERENCES

Ministry of Health. Guide to Prescribing Nicotine Replacement Therapy (NRT) June 2014
www.health.govt.nz/system/files/documents/publications/guide-to-prescribing-nicotine-replacement-therapy-nrtv2.pdf [Accessed 31-05-16]

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For further information on other high-risk medicines visit our website at: www.saferx.co.nz

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DISCLAIMER: This information is provided to assist primary care health professionals with the use of prescribed medicines. Users of this information must always consider current best practice and use their clinical judgement with each patient. This information is not a substitute for individual clinical decision making. Issued by the Quality Use of Medicines Team at Waitemata District Health Board, email: feedback@saferx.co.nz