

Nicotine Replacement Therapy for Tobacco Dependency

Nicotine replacement therapy (NRT) prescribing algorithm
For Children & Young People ($\geq 12 - 17$ years old)

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Moderate / Heavy smoker (Smokes ≥ 10 cigarettes daily)	Nicotine (Nicorette Invisi) 25mg/16hours Patch 1 daily in the morning for 8 weeks, then Nicotine (Nicorette Invisi) 15mg/16hours Patch 1 daily in the morning for 2 weeks, then Nicotine (Nicorette Invisi) 10mg/16hours Patch 1 daily in the morning for 2 weeks	Administration notes: High- and medium-strength patches are kept as ward stock in Children’s Ward, Children’s Observation Unit and Children’s Surgical Unit. The 16-hour patch is preferable as continuous exposure of Nicotine may disrupt sleep. Apply the patch on waking in the morning to dry, non-hairy skin on the hip, trunk or upper arm. Hold in position for 10-20 seconds to ensure adhesion and remove before bed. Avoid using the same site for at least seven days.
Light smoker (Smokes < 10 cigarettes daily)	Nicotine (Nicorette Invisi) 15mg/16hours Patch 1 daily in the morning for 8 weeks, then Nicotine (Nicorette Invisi) 10mg/16hours Patch 1 daily in the morning for 4 weeks	
Other prescribing information: <ul style="list-style-type: none"> ○ Consider a slower titration schedule if patient is not ready to quit but would like to cut down on cigarette consumption before a quit attempt. ○ If patient is unable to maintain abstinence or experiences withdrawal symptoms, consider maintaining current strength or increasing to a higher strength patch until the cravings / symptoms have subsided. However, if excessive side effects are experienced and do not resolve within a few days, consider weaning down to a medium strength patch for the remainder of the initial treatment and then use the lower strength patch for 2 weeks. ○ NRT can be continued on discharge for those who have NRT initiated with abstinence maintained throughout admission and would like to be smoke-free unless the QUIT team suggests otherwise. A minimum of 2 weeks supply of NRT will be made by DBTH on discharge to last until they are being seen in a Community Stop Smoking Service. ○ NRT will only be provided to the patient but support and advice can be offered to parents/carers to encourage them to stop smoking as appropriate. 		

NRT preparations	Prescribing information	Administration notes
<p>Nicotine lozenges, £</p> <p>Available as: Nicotine (NIQUITIN Minis Mint) 2mg Lozenges Nicotine (NIQUITIN Minis Mint) 4mg Lozenges</p>	<p><i>Dose: One lozenge every 1-2 hours when the urge to smoke occurs; maximum 15 lozenges per day.</i></p> <p>Individuals who smoke fewer than 20 cigarettes daily should use the lower strength lozenges (i.e. 2mg lozenges); Individuals who smoke more than 20 cigarettes daily and those who fail to stop smoking with the low-strength lozenges should use 4mg lozenges. If an adverse event occurs with a high strength lozenge, a lower strength lozenge should be considered instead.</p>	<p>Allow one lozenge to dissolve slowly in the mouth until the taste become strong. The lozenge should then be lodged between the gum and the cheek. When the taste fades, the lozenge should be sucked again. From time to time, move the lozenge from one side of the mouth to the other. This routine should be repeated until the lozenge dissolves completely. Try not to swallow excessively as the nicotine needs to be absorbed through the buccal mucosa. Each lozenge last for approximately 10 minutes.</p> <p>Lozenges should not be used by people with mouth ulcers.</p>
<p>Nicotine inhalation cartridge, ££</p> <p>Available as: Nicotine (NICORETTE Inhalator) 15mg cartridges</p>	<p><i>Dose: As required, the cartridges can be used when the urge to smoke occurs or to prevent cravings. Individuals should not exceed 6 cartridges of the 15-mg strength daily.</i></p>	<p>Place the cartridge in the device and draw in air through the mouthpiece. Each session can last for approximately five minutes. The amount of nicotine from one puff of the cartridge is less than that from a cigarette. Therefore it is necessary to inhale more often than when smoking a cigarette. A 15mg cartridge lasts for approximately 40 minutes of intense use. One cartridge ~ 4-6 normal strength cigarettes.</p>

Dual therapy versus single therapy of NRT preparation

In trials, a combination of long-acting patches and short-acting NRT preparation (e.g. lozenges, inhalator) was in general more effective than a single preparation of NRT. However, a monotherapy (either a long-acting patch or a short-acting NRT preparation) can be provided if the patient only wants one product. Consider NRT patches plus PRN lozenges first-line. If lozenges are not tolerated, consider switching to alternative short-acting NRT preparation, such as the inhalator. For patient who only uses electronic cigarettes/vapes containing Nicotine but does not smoke tobacco, consider a short-acting NRT preparations only unless the Tobacco Treatment Advisor suggests otherwise.

Smoking and interactions with medication

Tobacco smoke contains polycyclic aromatic hydrocarbons that induce certain hepatic enzymes (most notably CYP1A2). For some drugs smoking significantly reduces plasma levels of affected medications. Therefore higher doses of those medications are needed in people who smoke, compared with people who do not smoke. When someone changes their smoking status or alters the number smoked, the plasma levels of some of the medications, e.g. Aminophylline / Theophylline, Chlorpromazine, Clozapine, Flecainide, Insulin, Olanzapine and Warfarin, could be affected. Please contact your ward pharmacist for further details.

Appendix 1: Nicotine Replacement Therapy (NRT) prescribing algorithm for Children & Young People (≥12–17 years old)

**Moderate / Heavy smoker
(Smokes ≥10 cigarettes daily)**

Nicotine (Nicorette Invisi)
25mg/16hours Patch 1 OM

Consider adding a short-acting NRT to help with cravings

****First-line** Nicotine (NIQUITIN
Minis Mint) 2mg Lozenges PRN
(max. 15 lozenges / day)

OR

Nicotine (NICORETTE Inhalator)
15mg cartridges PRN
(max. 6 cartridges / day)

**Light smoker
(Smokes <10 cigarettes daily)**

Nicotine (Nicorette Invisi)
15mg/16hours Patch 1 OM

Consider adding a short-acting NRT to help with cravings

****First-line** Nicotine (NIQUITIN
Minis Mint) 2mg Lozenges PRN
(max. 15 lozenges / day)

OR

Nicotine (NICORETTE Inhalator)
15mg cartridges PRN
(max. 6 cartridges / day)

A combination of NRT dual therapy (long-acting patches + PRN lozenges / PRN inhalator) is more effective than a monotherapy. Single therapy (either a patch / lozenge / inhalator) can be provided if the patient only wants one product