

Definition of a 4 week quitter:

a client should not be counted as a failure if he/she has smoked in the difficult first days after a quit date. However the client must not have smoked at all in weeks 3 & 4 in order to qualify as a successful 4 week quit.



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TREATMENT GUIDE STOP SMOKING



South West Essex Stop Smoking Service
Purfleet Care Centre, Tank Hill Road
Purfleet, Essex RM19 1SX

Sponsored by an educational grant from McNeil Products Limited

NRT

Varenicline/Champix

Bupropion/Zyban

Must not be used

Under 12 years old.	Under 18 years of age.	Under 18 years of age.
	Pregnant or breastfeeding.	Pregnant or breastfeeding.
	End Stage renal failure.	Epilepsy or any seizure disorder.
	Adverse reaction to product.	Eating disorder.
		Liver disorder.
		Bipolar affective disorder/depression.
		Adverse reaction to product.
		Monoamine Oxidase Inhibitors (MAOIs).

Extreme Caution

		Head trauma.
		Brain tumour.
		Antipsychotics, antidepressants, theophylline, systemic steroids.

Caution

Heart or circulatory problems.	Depression/mental illness/epilepsy	Alcohol abuse.
Prescription medication.	– close monitoring is essential.	Withdrawal from tranquilizer use.
liquorice gum in pregnancy	Severe renal failure	Diabetes.
	(reduce dose to 1mg per day).	Stimulants or anorectic products.
		Levodopa.
		Elderly patients (the dose should generally be 150mg per day).
		Liver or kidney dysfunction (the dose should generally be 150mg per day).
		Use of any medication which may interact with Zyban.



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South West Essex Community Services

	Step 1 > 10 CPD	Step 2/Step 3 < 10 CPD	Gum	Nicorette Nasal Spray	Nicorette Inhalator	Nicorette Microtab	Lozenge	Champix	Zyban
Treatment and period	Nicorette Invisipatch 25mg 16 hr patch - 12 weeks. Nicotinell 21mg 24 hr patch - 12 weeks. NiQuitin CQ 21mg 24 hr patch - 10 weeks.	Nicorette 15mg/10mg 16 hr. Nicotinell 14mg/7mg 24 hr. NiQuitin CQ 14mg/7mg 24 hr.	4mg/2mg Recommended withdrawal after 3 months.	10mg 12 weeks	10mg 12 weeks	2mg At least 12 weeks then gradually reduce. Maximum treatment duration 6 months.	1mg/2mg/4mg At least 12 weeks then gradually reduce. Maximum treatment duration 6 months.	0.5mg/1mg 12 weeks	150mg 8 Weeks
Dosage	25mg Nicorette Invisipatch for 8 weeks. 21mg Nicotinell patch for 3–4 weeks. 21mg NiQuitin CQ patch for 6 weeks.	15mg Nicorette Invisipatch for 2 weeks. 10mg Nicorette Invisipatch for 2 weeks. 14mg Nicotinell patch for 3–4 weeks 7mg Nicotinell patch for 3–4 weeks 14mg NiQuitin CQ patch for 2 weeks 7mg NiQuitin CQ patch for 2 weeks	Nicorette: Icy White, Freshfruit, Freshmint, Mint, Original: 4mg > 20 CPD;* 2mg < 20 CPD;* max 15 pieces per day. Nicotinell: Mint, Fruit, Liquorice 4mg > heavy smokers; 2mg > light smokers; max 25 pieces per day. NiQuitin CQ: Mint: 4mg TTFC < 30 Mins;** 2mg TTFC > 30 Mins;** max 15 pieces per day.	One spray in each nostril when urge to smoke occurs. Limit of 1 spray in each nostril twice/hr. Maximum 62 sprays per day. Reduce dose gradually after 8 weeks.	6–12 cartridges per day. Reduce dose gradually after 8 weeks. Reduce use by half over next 2 weeks. 1 Cartridge = 20 mins use.	4mg (2 tabs) hourly for > 20 CPD.* 2mg (1 tab) hourly for < 20 CPD.* Max dose 80mg (40 tabs).	Nicotinell: 2mg > 30 CPD* (strong nicotine dependence). 1mg = medium nicotine dependence, 1 Lozenge every 1–2 hrs on urge to smoke. Max 2mg = 15 daily; Max 1mg = 30 daily. NiQuitin CQ: 4mg TTFC < 30 Mins;** 2mg TTFC > 30 Mins;** 1 Lozenge every 1-2 hrs on urge to smoke. Max 15 per day.	1mg twice daily for regular smokers. Titration is required to optimal dose.	150 mg tablet daily for first week, twice daily thereafter.
Advantages	Easy to use; once daily application; discreet; excellent safety/ tolerability profile.	Easy to use, once daily application, discreet Excellent safety/ tolerability profile	Easy to regulate dose; could prevent over eating; helpful with cravings.	Fast onset of action; easy to adjust dose.	Helps to keep hands/ mouth busy; could help to prevent over eating.	Can be used discreetly; easy to adjust dose; very few side effects.	Can be used discreetly; easy to adjust dose; very few side effects.	Can block nicotine receptor.	Can block nicotine receptor.
Disadvantages	24 hr patch may cause sleep disturbance; not orally gratifying; local itching may occur but tends to be transient.	24 hr patch may cause sleep disturbance Not orally gratifying, local itching may occur but tends to be transient	Difficult with dentures; jaw ache; gastric upset; hiccups.	May cause some nasal irritation initially; settles after a few days.	Coughing/throat irritation.	Gastric upset; stinging mouth; hiccups; localised irritation.	Gastric upset; stinging mouth; hiccups; localised irritation.	No licenses for under 18 yrs, pregnancy or epilepsy. Can cause drowsiness. Caution in patients with history of depression or mental health.	No licenses for under 18 yrs, pregnancy, epilepsy or seizures, liver disorders, manic depression or use with monoamine oxidase inhibitors (MAOIs). Extreme caution with head trauma, brain tumour, antipsychotics, antidepressants, theophylline, systemic steroids. Caution with alcohol abuse, tranquilizer withdrawal, diabetes, stimulants, levodopa, elderly, liver or kidney dysfunction.