

## Summary of Nicotine Replacement Therapies

Product	Adverse effects <sup>†</sup> (most common)	PRICE <sup>f</sup> (all brands price range)	10 – 20 CIGS/DAY & FIRST CIGARETTE > 30 MINUTES AFTER WAKING (Low – Moderate dependence)	≥20 CIGS/DAY & FIRST CIGARETTE < 30 MINUTES AFTER WAKING (Moderate – High dependence)	DURATION OF THERAPY <sup>#</sup> & ADMINISTRATION NOTES
<b>NICOTINE PATCH</b> (NicabateCQ <sup>®</sup> / COClear <sup>®</sup> , Nicorette <sup>®</sup> , QuitX <sup>®</sup> )	Localised skin reactions, sleep disturbances, mood alterations, respiratory symptoms (eg. cough, pharyngitis)	21mg Patches/14day pk: \$68 - \$55 21mg Patches/7day pk: \$37 - \$28 14mg Patches/7day pk: \$34 - \$26 7mg Patches/7day pk: \$31 - \$23 (similar price for 16hr patches)	STARTING DOSE <sup>‡</sup> : 14mg patch/day or 10mg patch/day (use of a higher strength patch as a starting dose may be necessary) TAPERING DOSE: 7mg patch/day or 5mg patch/day	STARTING DOSE: 21mg patch/day or 15mg patch/day TAPERING DOSE: 14mg patch/day or 10mg patch/day <i>then</i> 7mg patch/day or 5mg patch/day	Recommended duration of therapy ranges between 12 to 16 weeks. Apply to non-hairy, clean, dry skin site on upper body or upper outer arm. Use a new patch site every day and rotate through sites weekly.
<b>GUM</b> (Nicorette <sup>®</sup> , QuitX <sup>®</sup> )	Hiccups, GI disturbance (eg. indigestion), jaw pain, orodental problems (eg. mouth ulcers)	4mg gum 105 or 96 pk: \$45 - \$42 4mg gum 30 pk: \$15 - \$14 2mg gum 105 or 96 pk: \$36 - \$27 2mg gum 30's pk: \$12	Use 2mg gum and chew ONE gum when urge to smoke. Initial recommended use is 8 – 12 pieces of 2mg gum/day (Maximum: 20 pieces/day). Gradually taper dose when appropriate.	Use 4 mg gum in highly dependent smokers and smokers who have failed to quit when using the 2mg gum. Chew ONE 4mg gum when urge to smoke. Initial recommended use is 4 – 6 pieces of 4mg gum/day (Maximum: 10 pieces/day). Gradually taper dose when appropriate. The 2mg gum can be used in dose tapering.	Aim to treat for 2 to 3 months, then gradually taper dose. Gum should be chewed slowly over about 30 minutes to allow delivery of full dose. Avoid acidic beverages (eg. coffee, soft drinks) for 15 minutes before and whilst chewing gum.
<b>LOZENGE</b> (NicabateCQ <sup>®</sup> )	Hiccups, burning or smarting sensation in the mouth, sore throat, coughing, dry lips, mouth ulcers	4mg or 2mg lozenge 72pk: \$33 - \$31 4 mg or 2mg lozenge 36pk: \$21 - \$18	USE 2mg lozenges. WEEKS 1 – 6: Suck ONE every 1-2 hours; WEEKS 7 – 9: Suck ONE every 2-4 hours; WEEKS 10 – 12: Suck ONE every 4-8 hours; FROM WEEK 13 - 24: To help stay smoke free during these 12 weeks, suck ONE lozenge when strongly tempted to smoke. Maximum dose: 15 lozenges/24 hours.	USE 4mg lozenges. WEEKS 1 – 6: Suck ONE every 1-2 hours; WEEKS 7 – 9: Suck ONE every 2-4 hours; WEEKS 10 – 12: Suck ONE every 4-8 hours; FROM WEEK 13 - 24: To help stay smoke free during these 12 weeks, suck ONE lozenge when strongly tempted to smoke. Maximum dose: 15 lozenges/24 hours.	Treatment aims to be a total of 24 weeks. Do not chew or swallow lozenges. Allow lozenge to slowly dissolve in the mouth over 20 to 30 minutes. Users should not eat or drink while a lozenge is in the mouth.
<b>SUBLINGUAL TABLETS</b> (Nicorette <sup>®</sup> Microtab)	Sore mouth or throat, dry mouth, burning sensation in mouth, coughing, headache, hiccups, nausea	2mg microtab 105 pack: \$44 - \$40 2mg microtab 30 pack: \$17 - \$13	Use ONE 2mg tablet every 1 – 2 hours. Usually 8 to 12 tablets/day are adequate. Maximum of 40 sublingual tablets/day. Gradually taper dose after 2 to 3 months.	Highly dependent smokers and smokers who have failed to quit using the 2mg tablet dose may use TWO 2mg tablets every 1 – 2 hours. Maximum of 40 sublingual tablets/day. Gradually taper dose after 2 to 3 months.	Aim to treat for 2 to 3 months, then gradually taper dose. Place microtab under the tongue, allow to slowly dissolve over 30 minutes. Do not swallow tablets.
<b>INHALER</b> (Nicorette <sup>®</sup> )	Throat irritation, coughing, oral burning	Starter pack of 6 cartridges: \$8.95 Refill cartridge 42 pk: \$44 - \$40	Depending on an individual's level of nicotine dependence: use 6 to 12 cartridges/day for 12 weeks, then gradually taper use over a further 6 to 8 weeks. NOTE: Once cartridge is activated the total dose may be inhaled over a cumulative time of 20 minutes, within a timeframe of 12 hours. After 12 hours loss of active ingredient occurs.		

<sup>†</sup>Adverse effects of NRT or bupropion can mimic symptoms of nicotine withdrawal (eg. headache, anxiety, dizziness, sweating, difficulty sleeping) and can be difficult to distinguish. <sup>f</sup>Prices are approximate regular retail prices as at August 2004. <sup>‡</sup>Consider starting with 14mg or 10mg patch if patient weighs <45kg. Pharmacotherapy may not be needed in people who smoke < 10 cigs/day. Doses are a guide only. <sup>#</sup>Optimal minimum duration of therapy with NRT is 8 weeks. Patients should stop smoking completely during treatment with any formulation of NRT. For more detailed information about these drugs, refer to the Australian Medicines Handbook 2004 and the approved product information for the drug. The information contained in this material is derived from authoritative evidence. Any treatment decisions based on this information should be made in the context of the individual circumstances of each patient.