

Treatment options

Varenicline (Champix)

0.5mg/1mg (If patient experiences sickness remain at 0.5mg)

Treatment period
12 weeks

Dependency (Fagerstrom score)

Titration is required to optimal dose
Days 1-3 0.5mg once daily
Days 4-7 0.5mg twice daily
Weeks 2-12 1mg twice daily
(Set quit day between day 8 and 14).

The dose can be reduced to 500 micrograms (0.5mg) twice daily in those who do not tolerate the 1mg dose. Another twelve weeks of treatment can be given to abstinent individuals to reduce the risk of relapse.

Advantages

Blocks the nicotine receptor.

Disadvantages

Should be used with care in patients with history of a depression. Can cause sickness and drowsiness and dizziness. No licence for under 18 yrs, Not for use in pregnancy, breastfeeding or renal failure. Close monitoring of patients is recommended (particularly those on anti psychotic medication).

Available Products

0.5, 1mg

Zyban (Bupropion)

150mg tablet

Treatment period
7 - 9 weeks

Dependency (Fagerstrom score)

One 150mg tablet to be taken for the first 6 days, followed by 2 tablets per day for the following 6 to 8 weeks (with at least 8 hours between each tablet).
A quit date should be set for between day 11 and 14.

Note: Patient can drop to one tablet per day if they are experiencing side effects.

Advantages

Has proven to be an effective medication, with long-term abstinence rates doubled compared to placebo.

Disadvantages

Drowsiness, dry mouth, insomnia and headaches. Not to be prescribed for use in pregnancy, under 18's, history of liver disease, kidney disease, eating disorders, diabetes and depression.

Available Products

Starter pack of 20 tablets,
Maintenance pack of 28 tablets.

Assess nicotine dependence using Fagerström Score

Fagerström test for smoking dependency

		SCORE
How soon after waking up do you smoke your first cigarette?	a) Within 5 minutes b) 6-30 minutes c) 31-60 minutes d) After 60 minutes	3 2 1 0
Do you find it difficult not to smoke in places where smoking is not allowed (e.g., hospital, cinema, train)?	a) Yes b) No	1 0
Which cigarette would you find hardest to give up?	a) The first one in the morning b) Any other	1 0
How many cigarettes do you smoke in a typical day?	a) 31 or more b) 21-30 c) 11-20 d) 10 or less	3 2 1 0
Do you smoke more frequently during the few hours after waking than the rest of the day?	a) Yes b) No	1 0
Do you smoke if you are so ill that you are in bed most of the day?	a) Yes b) No	1 0

SCORE	0-2	Very low dependence
	3-4	Low dependence
	5	Medium dependence
	6-7	High dependence
	8-10	Very high dependence

When using two NRT products the first should generally be a patch.
Amounts used should be reduced over the 12 week programme (consult table).



Stop Smoking Treatment Guide

Gateshead, South Tyneside and Sunderland NHS Stop Smoking Service

0800 531 6317

The National Stop Smoking Helpline

0800 022 4 332

Treatment Options

Table illustrating NRT VS dependency

Treatment option	PATCH for single use or as first product when used as dual therapy	NRT Lozenge & NRT Mini lozenge for single use (max dose of 15 pieces per day)	NRT Lozenge & NRT Mini lozenge when used as a second product (max dose of 15 pieces per day)	NRT Inhalator for single use (max dose 6 cartridges per day)	NRT Inhalator when used as a second product (max dose 6 cartridges per day)	NRT Microtab for single use (max dose 40 pieces per day)	NRT Microtab when used as a second product (max dose 40 pieces per day)	NRT Nasal Spray for single use (max dose 32 doses/ 64 sprays per day)	NRT Nasal Spray when used as a second product (max dose 32 doses / 64 sprays per day)	NRT QuickMist for single use (max dose 32 doses/ 64 sprays per day)	NRT QuickMist when used as a second product (max dose 32 doses/ 64 sprays per day)	NRT Gum for single use (max dose of 15 pieces per day)	NRT Gum when used as a second product (max dose of 15 pieces per day)	STRIP 2.5mg for single use (max dose 15 strips per day)	STRIP 2.5mg when used as a second product (max dose 15 strips per day)
NRT Available	25mg NRT 16 hour patch 21mg NRT 24 hour patch	4mg/2mg/1mg (Lozenge) 4mg/1.5mg (Mini-lozenge)	4mg/2mg/1mg (Lozenge) 4mg/1.5mg (Mini-lozenge)	15mg	15mg	2mg	2mg	Nicotine 10mg mitred spray	Nicotine 10mg mitred spray	13.2ml spray	13.2ml spray	4mg/2mg/1mg	4mg/2mg/1mg	2.5mg oral film	2.5mg oral film
Treatment period	12 weeks	12 weeks	Maximum treatment duration 6 months	12 weeks	12 weeks	12 weeks - gradually reduce	12 weeks - gradually reduce	12 weeks	12 weeks	Maximum treatment duration 6 months	Maximum treatment duration 6 months	12 weeks	12 weeks	???? weeks	?? weeks
Dependency (fagerstrom score) Please note: ALL DOSES SHOWN ARE PER DAY	Weeks 1-4 Very high / high 25mg/21mg 1 per day Medium 25mg/21mg 1 per day Low/very low 15mg/14mg 1 per day	Weeks 1-4 Very high / high 4mg/ 12-15 pieces Medium 4mg/ 8-15 pieces Low/very low 2 mg /1.5mg 8-12 pieces	Weeks 1-4 Very high / high 4mg/ 8-12 pieces Medium 2mg/1.5mg 8-12 pieces Low/very low 2mg/1.5mg 3-6 pieces	Weeks 1-4 Very high / high Not suitable Medium 6 cartridges per day Low/very low 3-6 cartridges per day	Weeks 1-4 Very high / high 4-6 cartridges per day Medium 2-4 cartridges per day Low/very low 1-3 cartridges per day	Weeks 1-4 Very high / high 30-40 pieces per day Medium 20-25 pieces per day Low/very low 12-15 pieces per day	Weeks 1-4 Very high / high 20-30 pieces per day Medium 15-25 pieces per day Low/very low 5-10 pieces per day	Weeks 1-4 Very high / high 20-32 doses (40-64 sprays) per day Medium 10-20 doses (20-40 sprays) per day Low/very low Not suitable	Weeks 1-4 Very high / high 5-20 doses (10-40 sprays) per day Medium Not suitable Low/very low Not suitable	Weeks 1-4 Very high / high 20-32 doses (40-64 sprays) per day Medium 10-20 doses(20-40 sprays) per day Low/very low Not suitable	Weeks 1-4 Very high / high 5-20 doses (10-40 sprays) per day Medium 4-15 doses (8-30 sprays) per day Low/very low Not suitable	Weeks 1-4 Very high / high 4mg/ 12-15 pieces Medium 4mg/ 8-15 pieces Low/very low 2mg/ 8-12 pieces	Weeks 1-4 Very high / high 4mg/ 8-12 pieces Medium 2mg/ 8-12 pieces Low/very low 2mg/ 4-8 pieces	Weeks 1-4 Very high / high Not suitable Medium 9-15 pieces Low/very low 5-10 pieces	Weeks 1-4 Very high / high 9-15 strips Medium 5-10 pieces Low/very low 3-5 pieces
	Weeks 5-8 Very high / high 15mg/14mg 1 per day Medium 15mg/14mg 1 per day Low/very low 10mg/7mg 1 per day	Weeks 5-8 Very high / high 4mg/ 8-12 pieces Medium 4mg/ 8-10 pieces Low/very low 2mg/1.5mg 6-10 pieces	Weeks 5-8 Very high / high 4mg/ 4-8 pieces Medium 2mg/1.5 mg 4-8 pieces Low/very low 2mg/ 1.5mg 1-4 pieces	Weeks 5-8 Very high / high Not suitable Medium 3-5 cartridges per day Low/very low 2-4 cartridges per day	Weeks 5-8 Very high / high 3-5 cartridges per day Medium 2-3 cartridges per day Low/very low 1-2 cartridges per day	Weeks 5-8 Very high / high 20-30 pieces per day Medium 10-25 pieces per day Low/very low 7-12 pieces per	Weeks 5-8 Very high / high 15-25 pieces per day Medium 5-15 pieces per day Low/very low 3-7 pieces per day	Weeks 5-8 Very high / high 10-20 doses (20-40 sprays) per day Medium 5-10 doses (10-20 sprays) per day Low/very low Not suitable	Weeks 5-8 Very high / high 3-15 doses (6-30 sprays) per day Medium Not suitable Low/very low Not suitable	Weeks 5-8 Very high / high 10-20 doses (20-40 sprays) per day Medium 5-10 doses (10- 20 sprays) per day Low/very low Not suitable	Weeks 5-8 Very high / high 3-15 doses (6-30 sprays) per day Medium 2-10 doses (4- 20 sprays) per day Low/very low Not suitable	Weeks 5-8 Very high / high 4mg / 8-12 pieces Medium 4mg/ 8-10 pieces Low/very low 2 mg / 6-10 pieces	Weeks 5-8 Very high / high 4mg/ 4-8 pieces Medium 2mg/ 4-8 pieces Low/very low 2 mg/1-6 pieces	Weeks 5-8 Very high / high Not suitable Medium 5-10 pieces Low/very low 2- 7 pieces	Weeks 5-8 Very high / high 5-10 pieces Medium 3-5 pieces Low/very low 0-3 pieces
	Weeks 8-12 Very high / high 10mg/7mg 1 per day Medium 10mg/7mg 1 per day Low/very low 10mg/7mg 1 per day	Weeks 8-12 Very high / high 4mg/ 1-6 pieces Medium 4 mg / 1-5 pieces Low/very low 2mg/1.5mg 1- 5 pieces	Weeks 8-12 Very high / high 4mg/ 1-6 pieces Medium 2mg/1.5mg 1-6 pieces Low/very low none	Weeks 8-12 Very high / high Not suitable Medium 1-4 cartridges per day Low/very low 1-2 cartridges per day	Weeks 8-12 Very high / high 1-4 cartridges per day Medium 1-2 cartridges per day Low/very low none	Weeks 8-12 Very high / high 1-15 pieces per day Medium 1-8 pieces per day Low/very low 1-5 pieces per day	Weeks 8-12 Very high / high 1-15 pieces per day Medium 1-10 pieces per day Low/very low 0-3 pieces per day	Weeks 8-12 Very high / high 3-10 doses (6-20 sprays) per day Medium 1-5 doses (2-10 sprays) per day Low/very low Not suitable	Weeks 8-12 Very high / high 1-5 doses (2-10 sprays) per day Medium Not suitable Low/very low Not suitable	Weeks 8-12 Very high / high 3-10 doses (6-20 sprays) per day Medium 1-5 doses (2-10 sprays) per day Low/very low Not suitable	Weeks 8-12 Very high / high 1-5 doses (2-10 sprays) per day Medium 0-5 doses (0-10 sprays) per day Low/very low Not suitable	Weeks 8-12 Very high / high 4 mg 1-6 pieces Medium 4mg 1-5 pieces Low/very low 2 mg 1-5 pieces	Weeks 8-12 Very high / high 4mg/ 1-6 pieces Medium 2mg/1-6 pieces Low/very low none	Weeks 8-12 Very high / high Not suitable Medium 2-7 pieces Low/very low 1-3 pieces	Weeks 8-12 Very high / high 4-5 pieces Medium 0-3 pieces Low/very low none
Advantages	Easy to use with excellent safety and tolerability profile.	More discreet than the standard lozenge. Fast acting.	Easy to regulate dose, could prevent over eating; helpful with cravings; sugar free.	Helps to keep hands/ mouth busy.	Helps to keep hands/ mouth busy.	Can be used discreetly; easy to adjust dose; very few side effects.	Can be used discreetly; easy to adjust dose; very few side effects.	Works quickly and easy dose adjustment.	Works quickly and easy dose adjustment.	Works quickly and easy dose adjustment.	Works quickly and easy dose adjustment.	Helps to keep hands/ mouth busy.	Helps to keep hands/ mouth busy.	Works & dissolves quickly	Works & dissolves quickly
Disadvantages	Local itching/discomfort may occur at first but should fade. 24 hour patches may cause sleep disturbance.	Stomach upset; stinging in mouth; hiccups; localised irritation.	Stomach upset; stinging in mouth; hiccups; localised irritation.	Most effective if used with shallow puffing action. Not to be inhaled into the lungs.	Most effective if used with shallow puffing action. Not to be inhaled into the lungs.	Stomach upset, stinging in mouth; hiccups, localised irritation.	Stomach upset, stinging in mouth; hiccups, localised irritation.	May cause sneezing and irritation at first.	May cause sneezing and irritation at first.	Hiccups, stinging mouth.	Hiccups, stinging mouth.	Difficult with dentures; jaw ache; stomach upset; hiccups.	Difficult with dentures; jaw ache; stomach upset; hiccups.	Smokers with a recent heart attack, stroke, unstable or worsening angina or bloodpressure, arrythmias only to use under close medical supervision.	Smokers with a recent heart attack, stroke, unstable or worsening angina or bloodpressure, arrythmias only to use under close medical supervision.
Available Products	NRT 16 hour patch: 25mg, 15mg, 10mg NRT 24 hour patch: 21mg, 14mg, 7mg.	4mg, 1.5mg Pack of 20 Pack of 60	4mg, 2mg, 1mg Lozenge	Pack of 4, 20, 36	Pack of 4, 20, 36	2mg Micro tab pack of 30,105	2mg Micro tab pack of 30,105	10mg Nasal Spray	10mg Nasal Spray	13.2ml spray, 2 x 13.2ml Spray	13.2ml spray, 2 x 13.2ml Spray	Nicorette: x105, x30 Niquitin CQ: x96, x24 Nicotinell: x96, x24	Nicorette: x105, x30 Niquitin CQ: x96, x24 Nicotinell: x96, x24	2.5mg oral film	2.5mg oral film