



Guide to Prescribing Nicotine Replacement Therapy (NRT)

August 2021

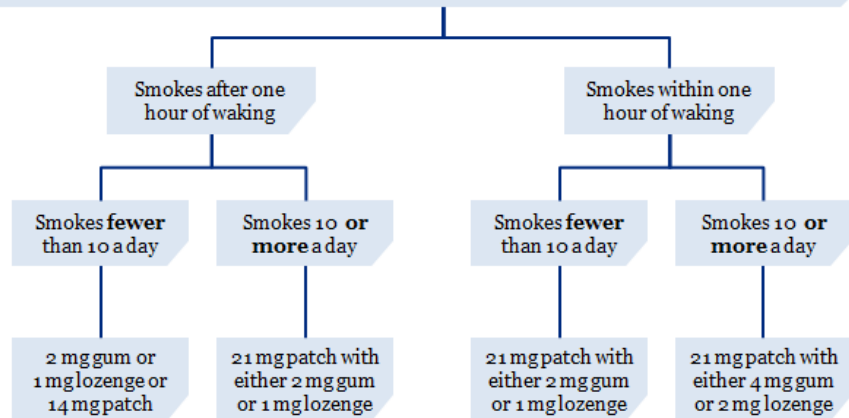
Step 1: Explain how NRT works and the products available

NRT provides some of the nicotine that a person gets from smoking. Nicotine is the addictive part of cigarettes but does not cause the harm associated with smoking. NRT works to reduce craving and other withdrawal symptoms associated with stopping smoking.

Step 2: Assess the time when the first cigarette is smoked (see note 1)

Step 3: Assess how many cigarettes are smoked (see note 2)

Step 4: Recommend which product and dose to use and explain how to use the product (see below)



	Subsidised NRT products			Unsubsidised NRT	
Product information	Patch*	Gum*	Lozenge*	Inhalator	Mouth spray
	Three strengths (21 mg, 14 mg, and 7 mg)	Two strengths (4 mg and 2 mg)	Two strengths (2 mg and 1 mg)	15 mg cartridge	1 mg nicotine/spray dose
Instructions for correct use	Apply patch to clean, dry and hairless skin. Remove the old and apply new patch daily, alternating sites. Some redness under the patch may occur – this is normal. The patch can be removed overnight if sleep is disturbed.	Recommend regular use. Bite to release the peppery taste and then rest in the side of the mouth (between cheek and gum). Chew again when the taste starts to fade. Chew for about 30 minutes then discard.	Recommend regular use. Suck to release the peppery taste, and then rest in the side of the mouth (between cheek and gum). Suck again when the taste starts to fade.	Recommend regular use. Puff for 20 minutes each hour and replace the cartridge every 3 hours. People tend to under-dose (1 cigarette puff = 10 inhalator puffs).	Recommend regular use, but it can also be used when craving occurs. Prime the spray and point nozzle into the mouth, spraying towards the side of the mouth. For best results, do not swallow for a few seconds after spraying.

* Patches, gum and lozenges are subsidised if supplied on prescription or via the Quit Card programme. Otherwise, all NRT products (including the inhalator and mouth spray) can be purchased over the counter from supermarkets for the normal retail price. Community pharmacies can also provide subsidised NRT without a prescription and many stop-smoking providers supply NRT at no cost to clients.

Filling in a Quit Card

Here is a scenario that describes how to fill in a Quit Card.

Henry is a 42-year-old man who currently smokes 15 cigarettes per day. Henry usually smokes his first cigarette within 15 minutes of waking up in the morning. He has used NRT gum before and is happy to use it again.

KIA AUAAHI KORE • QUITCARD
SUBSIDISED NICOTINE REPLACEMENT THERAPY

Name and residential address of client

Name Henry Bloggs

Address 123 Orange Place
Orangevale

A4

Date of birth 29/1/1972

NHI no., if available

Client ID: (Quitline only)

Product	Dosage	Period of supply
Nicotine patch	<input checked="" type="checkbox"/> 21 mg <input type="checkbox"/> 14 mg <input type="checkbox"/> 7 mg <small>Use one patch per day</small>	<input type="checkbox"/> 4 weeks <input checked="" type="checkbox"/> 8 weeks
Nicotine gum	<input checked="" type="checkbox"/> 4 mg <input type="checkbox"/> 2 mg <small>Use up to 12 pieces per day</small>	<input checked="" type="checkbox"/> 4 weeks <input type="checkbox"/> 8 weeks
Nicotine lozenge	<input type="checkbox"/> 2 mg <input type="checkbox"/> 1 mg <small>Use up to 12 lozenges per day</small>	<input type="checkbox"/> 4 weeks <input type="checkbox"/> 8 weeks

Provider's details

Full name Sally Doe

Identifier/registration no. MC 99999

Address Good Health Clinic, 345 Green Road, Greenwood

Contact phone no. (00) 123 4567

Signature *S. Doe* Date 1/5/2014

Pharmacist: please address enquiries to the provider who issued this card.

NHI No: This is the client's National Health Index number. Fill in if available.

Client ID: This is for Quitline only.

Identifier/registration No. Prescribers to use their own registration number. All other Quitcard providers to use MC99999.

Notes

- 1 Time to smoke the first cigarette from waking up in the morning is used as a measure of tobacco dependence. If a person smokes within one hour of waking, they have a higher degree of dependence and will benefit from higher doses of NRT and more intensive stop-smoking support.
- 2 If a person has recently cut down the number of cigarettes they smoke in a day, then use their previous daily consumption.
- 3 The dose of NRT can be increased if the person has inadequate relief of withdrawal symptoms (for example, persisting urges to smoke, irritability, restlessness, etc).
- 4 All products should be used for at least 8–12 weeks, or longer for some people if needed to avoid relapsing to smoking.
- 5 Lower strength patches are generally not needed.
- 6 These recommended doses differ from those listed on the product packaging. They simplify NRT dosage to ensure that people are getting enough nicotine to replace the amount they got from cigarettes.
- 7 Most people who smoke do not use enough NRT, but rarely, some have too much and then they may feel sick (nauseous). If someone feels sick after using NRT, they should reduce the frequency or dose of the NRT.
- 8 NRT can be used by pregnant or breastfeeding women if they would otherwise continue to smoke. Assess if they can quit without NRT. If not, NRT is safer than smoking and can be tried. If NRT patch is used, it should only be used during the day and removed overnight.
- 9 NRT is safe to use for people with cardiovascular (heart) disease. No dosage adjustment is needed.
- 10 There are no drug interactions with NRT. However, because of the effects of tobacco smoke on liver metabolism, the doses of some medicines (for example, some psychiatric medicines and insulin) may need to be reduced when people stop smoking, but any reductions should only be done with medical supervision.



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