






# Nicotine Replacement Therapy (NRT) and Varenicline (Champix®) Prescribing Guide for Adults

Product*		How does it work	Patient	Prescription	Contraindications	Common side effects	What do patients tell us
<a href="#">Nicorette®</a> <a href="#">Nicotinell®</a> Patch <a href="#">Video</a>		Absorbed through the skin Works best if applied to clean, dry, non-hairy areas of skin (hip, upper arm or chest)	For smokers who require regular therapy	25 mg or 15mg per 16 hours (Nicorette Invisi®) [day time smokers] 21mg, 14mg or 7mg per 24 hours (Nicotinell®) [for morning cravings or waking up at night to smoke]	Skin problems (eczema) Allergic reactions  Caution: Uncontrolled hyperthyroidism and hepatic or renal impairment.	Possible localised skin marking / irritation e.g. blistering, burning sensations or pruritic	<ul style="list-style-type: none"> <li>• Easy to use and widely tolerated</li> <li>• Steady-state nicotine levels achieved within 10 hours of application</li> <li>• The 24-hour patch helps clients who get up to smoke during early mornings or in the night</li> </ul>
							<ul style="list-style-type: none"> <li>• Not for occasional smokers</li> <li>• Does not mimic nicotine level swings obtained from smoking</li> <li>• May irritate skin and cause itching</li> </ul>
<a href="#">Nicotine Gum</a> <a href="#">Video</a>		Absorbed through lining of the mouth when parked between gum and cheek after chewing	For smokers who require a fast-acting product as and when required	2mg, 4mg or 6mg prn Up to 15 pieces per day	Under 12 years old. Caution: Uncontrolled hyperthyroidism, hepatic or renal impairment If swallowed can exacerbate peptic ulcers	Gastrointestinal discomfort, hiccups, headaches, nausea, cough, mouth or throat irritation	<ul style="list-style-type: none"> <li>• Immediate effect</li> <li>• Easy to regulate dose</li> <li>• Can help stop overeating</li> </ul>
							<ul style="list-style-type: none"> <li>• Difficult to use with dentures and may damage them</li> <li>• Avoid coffee, acidic and soft drinks within 15 minutes of using</li> </ul>
<a href="#">Nicotine Lozenge</a> <a href="#">Video</a>		Absorbed through lining of mouth when parked between gum and cheek after dissolving	For smokers who require a fast-acting product as and when required	2mg or 4 mg prn Up to 15 lozenges per day	Under 12 years old Caution: Uncontrolled hyperthyroidism and hepatic or renal impairment If swallowed can exacerbate peptic ulcers	Hiccups, headaches, nausea, cough, mouth or throat irritation	<ul style="list-style-type: none"> <li>• Discreet</li> <li>• Easy to regulate dose</li> </ul>
							<ul style="list-style-type: none"> <li>• May cause throat irritation and indigestion. Slower sucking may help</li> <li>• Avoid coffee, acidic and soft drinks within 15 minutes of using</li> </ul>
<a href="#">Nicotine sublingual tablets (Microtab®)</a> <a href="#">Video</a>		Sublingual absorption	For smokers who require a fast-acting product as and when required	2 mg or 4mg prn Up to 40 tablets per day	Caution: Uncontrolled hyperthyroidism, hepatic or renal impairment If swallowed can exacerbate peptic ulcers	Headache, cough, throat irritation, hiccups or nausea	<ul style="list-style-type: none"> <li>• Discreet and easy to use</li> <li>• Easy to regulate dose</li> </ul>
							<ul style="list-style-type: none"> <li>• Must be used correctly, wasted if swallowed</li> <li>• Taste may be unpleasant</li> </ul>
<a href="#">Nicotine Inhalator</a> <a href="#">Video</a>		Absorbed through lining of the mouth. When using it, suck with short shallow puffs	For smokers who require a fast-acting product as and when required	15mg/cartridge prn Up to 6 cartridges per day	Under 12 years old Caution: Lung disease, uncontrolled hyperthyroidism and hepatic or renal impairment If swallowed can exacerbate peptic ulcers	Headache, cough, throat irritation, nausea, stomatitis or hiccups	<ul style="list-style-type: none"> <li>• Easy to regulate dose and also easy to keep in pocket or handbag</li> <li>• Keeps hands busy and looks like a cigarette</li> </ul>
							<ul style="list-style-type: none"> <li>• Loading cartridge can be difficult for patients with dexterity problems. Attracts attention in public</li> <li>• Coughing, throat and mouth irritation may occur</li> <li>• Patients with obstructive lung disease may find it difficult to use</li> </ul>
<a href="#">Nicotine Oral Spray (QuickMist®)</a> <a href="#">Video</a>		Absorbed through lining of the mouth	For smokers who require a fast-acting product as and when required	1mg/spray prn Up to 64 sprays per day (or up to 4 sprays an hour for 16hrs/day)	Under 12 years old Caution: Uncontrolled hyperthyroidism and hepatic or renal impairment If swallowed can exacerbate peptic ulcers	Headaches, hiccups, cough, throat irritation, nausea	<ul style="list-style-type: none"> <li>• Most rapidly acting form of NRT. Provides fast relief for cravings, easy to adjust dose</li> </ul>
							<ul style="list-style-type: none"> <li>• Some people find the canister difficult to open. Needs to be primed before use</li> <li>• Strong taste. May cause throat and mouth irritation</li> <li>• Hiccups are common and patients should be advised accordingly</li> </ul>
<a href="#">Varenicline (Champix®)</a> <a href="#">Video</a>		Partial nicotinic receptor agonist and antagonist  12-week course	Long term / highly tobacco dependent smokers	Day 1-3: 0.5mg once daily Day 4-7: 0.5mg twice daily Day 8 onwards: 1mg twice daily for 11 weeks  For inpatients, combine with NRT during first 7-14 days	Not for pregnant & lactating women and non-daily smokers  Caution: Epilepsy, cardiovascular disease, psychiatric illness. Discontinue if patient develops agitation, depression or suicidal thoughts	Nausea, headaches, Abnormal dreams, insomnia, nasopharyngitis, gastrointestinal discomfort, taste disturbances, appetite changes	<ul style="list-style-type: none"> <li>• Most effective treatment when combined with behavioural support</li> <li>• Can smoke (or use NRT for inpatient use) for 1<sup>st</sup> week</li> </ul>
							<ul style="list-style-type: none"> <li>• Patients may find it difficult to follow dosage – counselling on usage is essential</li> <li>• May cause nausea (so have with food and a full glass of water).</li> <li>• Possible abnormal dreams</li> </ul>

\*Click and Control to go to Summary of Product Characteristics (Available at: [www.medicines.org](http://www.medicines.org))

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