Suggested Nicotine Replacement Therapy Protocol

Generally, Patch use is your first choice

Method for using the patch recommended by the Mayo Clinic Nicotine Dependence Center:

- for less than ½ PPD……..7-14mg < 1 can/pouch ST per wk……..14-21mg
- for ½ to 1 PPD…………14-22mg 1-2 per wk……………………21-35mg
- for 1 to 2PPD………….22-44mg 2-3 per wk……………………35-42mg

Patch delivers 0.9mg/hr of nicotine…reaches daily peak approx 6 hrs

If use more than 1 patch a day, put on at different times of the day

Cost: 7 mg/14 mg $1.71 each, 21 mg $3.60 each

<table>
<thead>
<tr>
<th>Rx</th>
<th>Nicotine Transdermal Patch 21 or 14 or 7 mg/24 hour (available OTC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disp</td>
<td>14</td>
</tr>
<tr>
<td>Sig</td>
<td>apply 1 every 24 hours</td>
</tr>
<tr>
<td>Refill</td>
<td>12 times</td>
</tr>
</tbody>
</table>

Consider adding gum/lozenge

Start with regular use of gum or lozenge for 2-4 weeks

Use 4 mg dose if patient reports first tobacco use within 30 minutes of waking up, otherwise use 2 mg dose

Then patch only, and use of gum/lozenge when extra nicotine is needed

Cost: Gum 51¢ each, Lozenge 56¢ each

<table>
<thead>
<tr>
<th>Rx</th>
<th>Nicotine Gum 2 or 4 mg (available OTC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disp</td>
<td>Starter kit</td>
</tr>
<tr>
<td>Sig</td>
<td>Weeks 1 to 6: Chew 1 piece of gum every 1 to 2 hours (maximum: 24 pieces/day); to increase chances of quitting, chew at least 9 pieces/day during the first 6 weeks</td>
</tr>
<tr>
<td></td>
<td>Weeks 7 to 9: Chew 1 piece of gum every 2 to 4 hours (maximum: 24 pieces/day)</td>
</tr>
<tr>
<td></td>
<td>Weeks 10 to 12: Chew 1 piece of gum every 4 to 8 hours (maximum: 24 pieces/day)</td>
</tr>
<tr>
<td>Refill</td>
<td>18 times</td>
</tr>
</tbody>
</table>

Last modified: 24 June 2016
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Rx Nicotine Lozenge 2 or 4 mg (available OTC)
Disp 72
Sig Weeks 1 to 6: 1 lozenge every 1 to 2 hours
(maximum: 5 lozenges every 6 hours; 20 lozenges/day)
to increase chances of quitting, use at least 9 lozenges/day during the first 6 weeks
Weeks 7 to 9: 1 lozenge every 2 to 4 hours
(maximum: 5 lozenges every 6 hours; 20 lozenges/day)
Weeks 10 to 12: 1 lozenge every 4 to 8 hours
(maximum: 5 lozenges every 6 hours; 20 lozenges/day)
Refill 20 times

Consider Inhaler for those who find that hand-to-mouth ritual reassuring, Cost: 30¢ each

Rx Nicotrol (nicotine) inhaler 10 mg cartridge
Disp 168
Sig Initial: Usually 6 to 16 cartridges per day; best effect was achieved by frequent continuous puffing (20 minutes); maximum: 16 cartridges/day; recommended duration of treatment is 3 months, after which patients may be weaned from the inhaler by gradual reduction of the daily dose over 6 to 12 weeks. Use beyond 6 months is not recommended (has not been studied).
Refill 18 times

Consider Nasal Spray for those who are highly dependent or who failed other combination therapy, Cost: 50¢/spray

Rx Nicotrol (nicotine) NS 10 mg/mL
Disp 10 mL
Sig 1 to 2 doses/hour (each dose [2 sprays, one in each nostril] contains 1 mg of nicotine); do not exceed more than 5 doses (10 sprays) per hour [maximum: 40 mg/day (80 sprays)] or 3 months of treatment. Note: For best results, use at least the recommended minimum of 8 doses per day (less is unlikely to be effective).
Refill 12 times