

(10) Nicotine Replacement Therapy Medications for Smoking Cessation



NICOTINE REPLACEMENT THERAPY (NRT) FORMULATIONS USED AS MONOTHERAPY

	NICOTINE REPLACEMENT THERAPY (NRT) FORMULATIONS USED AS MONOTHERAPY					COMBINATION NRT
	GUM	LOZENGE	PATCH	NASAL SPRAY	INHALER	
PRODUCT	Nicorette ¹ , Generic OTC 2 mg, 4 mg original, cinnamon, fruit, mint	Nicorette Lozenge, ¹ Nicorette Mini Lozenge, ¹ Generic OTC 2 mg, 4 mg cherry, mint	NicoDerm CQ ¹ , Generic OTC (NicoDerm CQ, generic) Rx (generic) 7 mg, 14 mg, 21 mg (24-hour release)	Nicotrol NS ² Rx Metered spray 0.5 mg nicotine in 50 mL aqueous nicotine solution	Nicotrol Inhaler ² Rx 10 mg cartridge delivers 4 mg inhaled nicotine vapor	Combinations with demonstrated efficacy Nicotine patch + nicotine gum Nicotine patch + nicotine lozenge Nicotine patch + nicotine nasal spray Nicotine patch + nicotine oral inhaler
PRECAUTIONS	- Recent (≤ 2 weeks) myocardial infarction - Serious underlying arrhythmias - Serious or worsening angina pectoris - Temporomandibular joint disease - Pregnancy³ and breastfeeding - Adolescents (<18 years)	- Recent (≤ 2 weeks) myocardial infarction - Serious underlying arrhythmias - Serious or worsening angina pectoris - Pregnancy³ and breastfeeding - Adolescents (<18 years)	- Recent (≤ 2 weeks) myocardial infarction - Serious underlying arrhythmias - Serious or worsening angina pectoris - Pregnancy³ (Rx formulations, category D) and breastfeeding - Adolescents (<18 years)	- Recent (≤ 2 weeks) myocardial infarction - Serious underlying arrhythmias - Serious or worsening angina pectoris - Underlying chronic nasal disorders (rhinitis, nasal polyps, sinusitis) - Severe reactive airway disease - Pregnancy³ (category D) and breastfeeding - Adolescents (<18 years)	- Recent (≤ 2 weeks) myocardial infarction - Serious underlying arrhythmias - Serious or worsening angina pectoris - Bronchospastic disease - Pregnancy³ (category D) and breastfeeding - Adolescents (<18 years)	See precautions for individual agents
DOSING	1st cigarette ≤ 30 minutes after waking: 4 mg 1st cigarette >30 minutes after waking: 2 mg Weeks 1–6: 1 piece q 1–2 hours Weeks 7–9: 1 piece q 2–4 hours Weeks 10–12: 1 piece q 4–8 hours - Maximum, 24 pieces/day - Chew each piece slowly - Park between cheek and gum when peppery or tingling sensation appears (~15–30 chews) - Resume chewing when tingle fades - Repeat chew/park steps until most of the nicotine is gone (tingle does not return; generally 30 min) - Park in different areas of mouth - No food or beverages 15 minutes before or during use - Duration: up to 12 weeks	1st cigarette ≤ 30 minutes after waking: 4 mg 1st cigarette >30 minutes after waking: 2 mg Weeks 1–6: 1 lozenge q 1–2 hours Weeks 7–9: 1 lozenge q 2–4 hours Weeks 10–12: 1 lozenge q 4–8 hours - Maximum, 20 lozenges/day - Allow to dissolve slowly (20–30 minutes for standard; 10 minutes for mini) - Nicotine release may cause a warm, tingling sensation - Do not chew or swallow - Occasionally rotate to different areas of the mouth - No food or beverages 15 minutes before or during use - Duration: up to 12 weeks	>10 cigarettes/day: 21 mg/day x 4–6 weeks 14 mg/day x 2 weeks 7 mg/day x 2 weeks ≤ 10 cigarettes/day: 14 mg/day x 6 weeks 7 mg/day x 2 weeks - May wear patch for 16 hours if patient experiences sleep disturbances (remove at bedtime) - Duration: 8–10 weeks	1–2 doses/hour (8–40 doses/day) One dose = 2 sprays (one in each nostril); each spray delivers 0.5 mg of nicotine to the nasal mucosa - Maximum – 5 doses/hour or – 40 doses/day - For best results, initially use at least 8 doses/day - Do not sniff, swallow, or inhale through the nose as the spray is being administered - Duration: 3–6 months	6–16 cartridges/day Individualize dosing; initially use 1 cartridge q 1–2 hours - Best effects with continuous puffing for 20 minutes - Initially use at least 6 cartridges/day - Nicotine in cartridge is depleted after 20 minutes of active puffing - Inhale into back of throat or puff in short breaths - Do NOT inhale into the lungs (like a cigarette) but “puff” as if lighting a pipe - Open cartridge retains potency for 24 hours - No food or beverages 15 minutes before or during use - Duration: 3–6 months	<u>Reserve for patients smoking ≥ 10 cigarettes/day.</u> Long-acting NRT: to prevent onset of severe withdrawal symptoms Nicotine patch 21 mg/day x 4–6 weeks 14 mg/day x 2 weeks 7 mg/day x 2 weeks PLUS Short-acting NRT: used as needed to control breakthrough withdrawal symptoms and situational urges for tobacco Nicotine gum (2 mg) 1 piece q 1–2 hours as needed OR Nicotine lozenge (2 mg) 1 lozenge q 1–2 hours as needed OR Nicotine nasal spray 1 spray in each nostril q 1–2 hours as needed OR Nicotine inhaler 1 cartridge q 1–2 hours as needed