

NICOTINE REPLACEMENT THERAPY - ALWAYS PRESCRIBE ENOUGH

Full Strength Nicotine for Everyone

Patch (21mg/24hr)
and/or Lozenge (2mg)
or Gum (4mg)

However

For less-dependent smokers:

Typically smoking **less than 10** cigarettes/day or **NOT** smoking within 30 minutes of waking

Consider using...

Patch (14mg) **or** Lozenge (1mg) **or** Gum (2mg)
Reassess after 24 hrs; increase if still craving cigarettes

... also consider

- Breastfeeding or pregnant
- Unstable angina
- Myocardial infarction:
 - Acute
 - Post-MI (within 2 weeks)
- Stroke

Preferable to use...

Lozenge (1 or 2mg) **or** Gum (2 or 4mg)

KEY REFERENCES

Ministry of Health. 2007. New Zealand Smoking Cessation Guidelines. Wellington: Ministry of Health. www.moh.govt.nz/moh.nsf/indexmh/nz-smoking-cessation-guidelines accessed 30/03/10.

Waitemata DHB. 2009. Nicotine Dependent Patient Guidelines. Auckland: Waitemata DHB.

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