

THE CURE PROJECT

CURING TOBACCO DEPENDENCY IN GREATER MANCHESTER



STEP 1

Prescribe a long-acting nicotine patch



Ask the patient how quickly they smoke when waking up

If <30 minutes: **Prescribe a 21mg/24hrs nicotine patch** (warn of possible sleep disturbance)

If >30 minutes: **Prescribe a 25mg/16hrs nicotine patch**

STEP 2

Prescribe a short-acting nicotine product



Discuss all options with patient but ensure they are aware that short-acting nicotine is absorbed through the gums - let the nicotine rest in the mouth and absorb.

Try to avoid swallowing nicotine which will prevent absorption and cause dyspepsia.

Nicotine is harmless and therefore the patient cannot overdose on it, but they can underdose and still have cravings for tobacco - use regularly and as much as needed e.g **on the hour every hour as well as whenever needed.**

**MAKE
SMOKING
HISTORY**

SHORT-ACTING NICOTINE PRODUCTS

Device	Dose	Instructions
Inhalator	15mg per cartridge	<ul style="list-style-type: none">· 'Puff' on it: absorbed through the gums· 10 puffs = 1 puff of a cigarette· Use: 'On the hour every hour' plus with cravings
Gum	4 mg per gum	<ul style="list-style-type: none">· Chew and park: chew until fiery taste then park· Use: 'On the hour every hour' plus with cravings
Lozenge	4 mg per lozenge	<ul style="list-style-type: none">· Suck like a sweet· Park if heartburn, hiccups· Use: 'On the hour every hour' plus with cravings
Microtabs	2 mg	<ul style="list-style-type: none">· Rest under the tongue - don't chew/swallow· Use: 'On the hour every hour' plus with cravings
Mouth Spray	1 mg per spray	<ul style="list-style-type: none">· Spray under tongue or side of cheek, don't swallow· Use: 'On the hour every hour' plus with cravings
Nose Spray	0.5 mg per spray	<ul style="list-style-type: none">· Spray both nostrils· Watery eyes, runny nose, sneezing should settle· Use: 'On the hour every hour' plus with cravings