

NICOTINE REPLACEMENT THERAPY - Weekly Supply Guide

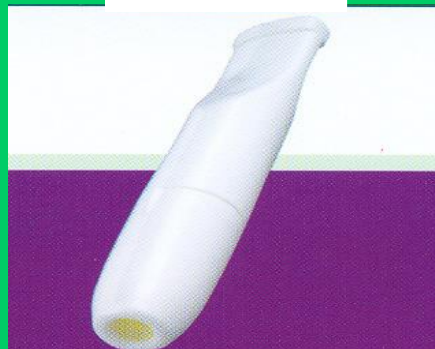
Choose 2 products to use together - patch and one other product recommended

PATCH



1 week supply =
1 x box of 7

INHALATOR



1 week supply = 1 x box of 20 15mg
2 week supply = 2 x box of 20 15mg or
1 x box 36 15mg cartridges

NASAL SPRAY



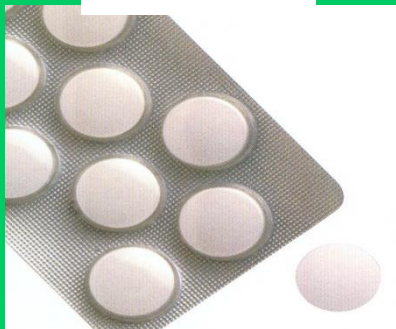
1 week supply = 1 x box of
10ml spray

MOUTH SPRAY



1 week supply =
1 x spray

LOZENGES



1 week supply =
1 x box of 96 (1mg)
1 x box of 72 (2 /4mg)

GUM



1 week supply = 1 x box of 105

MICROTAB



1 week supply = 1 x box of 105

COOLS LOZENGE



1 week supply =
1 x box of 80

MINI LOZENGE



1 week supply =
1 x box of 60

Use products for at least 12 weeks, 1 week supply is a guide, for subsequent vouchers check client's requirements

**NOT LICENCED FOR USE IN ANYONE UNDER 12
IN PREGNANCY DO NOT USE LIQUORICE GUM OR 24HR PATCH**

Product	Pack size	Maximum daily dose	Duration of therapy	Use	Possible side effects
Transdermal Patch Nicorette Invisipatch 25mg (16hr) Nicorette Invisipatch 15mg (16hr) Nicorette Invisipatch 10mg (16hr) Nicotinell TTS 30 21mg (24hr) Nicotinell TTS 20 14mg (24hr) Nicotinell TTS 10 7mg (24hr) NiQuitin CQ 21mg (24hr) NiQuitin CQ 14mg (24hr) NiQuitin CQ 7mg (24hr)	7, 14 7 7 7 2, 7, 21 2, 7 7 7 7, 14	1 patch	8 weeks THEN 2 weeks THEN 2 weeks THEN stop 4 weeks THEN 4 weeks THEN 4 weeks THEN stop 6 weeks THEN 2 weeks THEN 2 weeks THEN stop	Put patch on clean, dry, non-tattooed, non-hairy skin. Put in a different place everyday (arms and buttocks are a good choice). Remove the old patch. Duration of therapy assumes client smokes more than 10 per day. If less then start of mid strength patch for 4-6 weeks THEN low strength. 24hr patch is NOT SUITABLE for use during pregnancy.	Skin irritation. Disturbed sleep (24hr use).
Gum Nicorette Freshmint / Freshfruit / Icy White 4mg and 2mg Nicotinell Fruit / Mint / Liquorice 4mg and 2mg NiQuitin CQ Mint 4mg and 2mg	15, 30, 105 12, 24, 96 12, 24, 96	15 pieces	1 piece hourly if required THEN gradual reduction to stop by week 12	DO NOT SWALLOW. Chew and rest the gum against the inside of the cheek. Repeat until the gum becomes tasteless (approx 20 mins). Avoid eating and drinking 15 mins before and after use. Liquorice gum is NOT SUITABLE for use during pregnancy.	Hiccups / indigestion. Not recommended for denture wearers.
Lozenge NiQuitin Minis Mint / Cherry 4mg and 1.5mg Nicorette Cools Icy Mint/fruit 4mg and 2mg NiQuitin CQ 4mg and 2mg Nicotinell Mint 1mg	20, 60 20, 80 36, 72 12, 48, 96	15 lozenges 25 lozenges	1 hourly if required THEN gradual reduction to stop by week 12	DO NOT CHEW OR SWALLOW. Allow 1 lozenge to dissolve in mouth moving from side to side and resting against inside of cheek.	Hiccups / indigestion. Throat irritation with NiQuitin CQ & Nicotinell.
Inhalation cartridge Nicorette Inhalator 15mg	4, 20, 36	6 cartridges	6 cartridges per day for up to 8 weeks THEN gradual reduction to stop by week 12	Place cartridge in plastic inhalator and suck (not inhale) on mouthpiece until nicotine tasted. Use until no more taste (approx 40mins based on continuous use). In cold weather warm the inhalator before use i.e. rub between hands, keep in a pocket.	Cough/throat irritation.
Sublingual Tablet Nicorette Microtab 2mg	30, 105	40 tablets	1-2 tablets hourly if required THEN gradual reduction to stop by week 12	DO NOT CHEW OR SWALLOW. Place under tongue and allow to dissolve.	Hiccups / indigestion.
Nasal Spray Nicorette Nasal Spray 10ml 0.5mg per puff	1	64 sprays total (32 in each nostril)	1-2 sprays each nostril hourly THEN gradual reduction to stop by week 12	Tip head back slightly and insert spray tip into one nostril. Point towards back of nose, press nozzle firmly and quickly. Spray into other nostril if required.	Sneezing. Nasal irritation. Watering eyes. Coughing.
Mouth Spray Nicorette QuickMist 150 sprays 1mg per spray	1, 2	64 sprays	1-2 sprays when required maximum of 4 sprays per hour THEN gradual reduction to stop by week 12	CAUTION for use with recovering alcoholics – contains ethanol. Prime the spray before the first use. Point the spray towards the side of the open mouth, holding it as close as possible. Press the top of the dispenser to release one spray into the mouth, avoiding the lips. For best results, avoid swallowing for a few seconds after spraying. Alternatively, swirl around mouth and spit out.	Hiccups. Nausea. Dry mouth. Burning lips.