





ADULT MEDICATION GUIDELINE

NICOTINE

This document should be read in conjunction with this [DISCLAIMER](#)

<p>Presentation</p>	<p>Patch: 7mg/24hr, 14mg/24hr, 21mg/24hr Gum: 2mg, 4mg Inhalator: 15mg cartridge</p>
<p>Dose</p>	<p style="text-align: center;"><u>Nicotine Replacement Therapy (NRT)</u></p> <p><u>Gum</u> <i>High nicotine dependence:</i> usually 6–10 pieces of 4 mg gum daily. Avoid >1 piece/hour. After 4–8 weeks reduce to 2 mg, then stop or taper use over a further 4 weeks to zero. <i>Moderate nicotine dependence:</i> usually 8–12 pieces of 2 mg gum daily.</p> <p><u>Patch</u> <i>Moderate-to-high nicotine dependence:</i> ONE 21 mg/24 hours patch daily <i>Low-to-moderate nicotine dependence:</i> ONE 14 mg/24 hours patch daily Stop within 12 weeks (may stop abruptly or by reducing strength of patches)</p> <p><u>Inhalation</u> Inhale according to craving or withdrawal symptoms (or every 2 to 4 hours) to a maximum of 6 cartridges daily. Use for 3 months then gradually reduce dose to 1-2 cartridges per day then stop. Use beyond 12 months is not recommended.</p>
<p>Administration</p>	<p><u>Gum</u> Chew gum slowly, bite gum about 10 times, until tingling or bitter taste, then park gum between cheek and upper gum until tingling subsides, then chew again. Each piece usually lasts about 30 minutes (when it no longer causes tingling). If the gum is too bulky, pieces may be cut in half and used more often. Excessive chewing causes salivation, which can cause indigestion.</p> <p><u>Patch</u> Apply to a non- hairy, clean, dry place on the upper body or outer part of the upper arm, once each day, preferably on waking. Rotate patch application site (do not use the same site for at least 3 days).</p>

	<p><u>Inhalation</u></p> <p>Assemble the inhalator just before use. Open cartridges should not be used the next day.</p> <p>Align marks on the mouthpiece and pull off the top. Remove ONE cartridge from the blister strip and press it firmly into the bottom of the mouthpiece (until the seal breaks). Replace the mouthpiece top (with marks aligned) and push both pieces firmly together to break the other seal on the cartridge. Twist the mouthpiece to misalign the marks.</p> <p>Inhale the dose through the mouthpiece as required using either short puffs or deep inhalations for up to 40 minutes.</p>
<p>Pregnancy and Breastfeeding</p>	<p>There is limited safety information available regarding the use of nicotine replacement therapy (NRT) in pregnancy and breastfeeding. All smokers are encouraged to quit smoking and non-pharmacological strategies should be employed first if possible during pregnancy and breastfeeding.</p> <p><i>Please contact the Obstetrics Medicines Information Service for more information.</i></p>
<p>Clinical Guidelines and Policies</p>	<p>WNHS Clinical Guideline: Nicotine Dependence Assessment and Intervention</p> <p>WNHS Pharmacy Guideline: Nurse/Midwife Initiated Medications</p> <p>WNHS Policy – Smoke Free Organisation <i>Intranet only</i> (includes information on free employee access to NRT)</p> <p>Operational Directive OD 0414/13 - Smoke Free WA Health System Policy</p> <p>HDWA Guideline: Clinical guidelines and procedures for the management of nicotine dependent inpatients</p>
<p>References</p>	<p>Australian Medicines Handbook. Nicotine. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2017 [cited 2017 Sep 13]. Available from: https://amhonline.amh.net.au/</p> <p>The Royal Women's Hospital. Nicotine. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2017 [cited 2017 Sep 13]. Available from: https://thewomenspbmg.org.au/</p> <p>MIMS Australia. APO-Azithromycin. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2016 [cited 2017 Sept 12]. Available from: https://www.mimsonline.com.au</p>

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