



ADULT Medication Monograph

NICOTINE



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

[Formulary: Unrestricted](#)

Class	Drug for Nicotine Dependence
Presentation	<p>Patch: 7mg/24hr, 14mg/24hr, 21mg/24hr</p> <p>Gum: 2mg, 4mg</p> <p>Inhalator: 15mg cartridge</p>
Storage	<p>Patch: Store below 30°C, do not refrigerate</p> <p>Gum: Store below 25°C</p> <p>Inhalator: Store below 25°C</p>
Dose	<p><u>Patch:</u></p> <p><u>Fagerstrom score of 4 or more (High Nicotine Dependence):</u></p> <ul style="list-style-type: none"> • Apply 21mg/24hr patch (Step 1) daily for 3-4 weeks then; • Apply 14mg/24hr patch (Step 2) daily for 3-4 weeks then; • Apply 7mg/24hr patch (Step 3) daily for 3-4 weeks <p><u>Fagerstrom score of 2-3 (Moderate Nicotine Dependence):</u></p> <ul style="list-style-type: none"> • Apply 21mg/24hr patch (Step 1) daily for 3-4 weeks then; • Apply 14mg/24hr patch (Step 2) daily for 3-4 weeks then; • Apply 7mg/24hr patch (Step 3) daily for 3-4 weeks <p><u>Fagerstrom score of 0-1 (Low Nicotine Dependence):</u></p> <p>Not recommended first-line. See below for intermittent NRT dosing.</p> <p><u>Gum:</u></p> <p><u>Fagerstrom score of 4 or more (High Nicotine Dependence):</u></p> <ul style="list-style-type: none"> • Chew 6-10 pieces of 4mg gum per day. After 4-8 weeks reduce to 2mg strength, then stop or taper use over a further 4 weeks. <p><u>Fagerstrom score of 2-3 (Moderate Nicotine Dependence):</u></p> <ul style="list-style-type: none"> • Chew 8-12 pieces of 2mg gum per day OR 4-6 pieces of 4mg gum per day. • If not using in combination with a patch, chew up to 20 pieces of

	<p>2mg gum or 10 pieces of 4mg gum per day as needed.</p> <p><u>Fagerstrom score of 0-1 (Low Nicotine Dependence):</u></p> <ul style="list-style-type: none"> • Same as dose for Moderate Dependence above. <p><u>Inhalator:</u></p> <p>Inhale according to cravings, to a maximum of 6 cartridges per day. Use for 3 months then gradually reduce use over another 2 months.</p> <p>It is recommended that 3-6 cartridges be used per day.</p>
Administration	<p><u>Patch:</u></p> <ul style="list-style-type: none"> • Apply to a non-hairy, clean, dry place on the upper body. Rotate site of application each day to avoid irritation – do not use the same site for at least 3 days • <i>Note:</i> if patches cause vivid dreams, 24 hour patches can be removed before bed and reapplied in the morning. <p><u>Gum:</u></p> <ul style="list-style-type: none"> • Chew slowly; bite gum until tingling or bitter taste, then park gum between cheek and upper gum until tingling subsides. Then chew again. Each piece lasts about 30mins (when it no longer causes tingling). • If the gum is too bulky, pieces may be cut in half and used more often. • Avoid eating or drinking whilst using this product as this can reduce the amount of nicotine absorbed in the mouth. <p><u>Inhalator:</u></p> <ul style="list-style-type: none"> • Each cartridge lasts for approx 40mins of frequent puffing. Each puff of a cigarette is equivalent to 8-10 puffs of the nicotine inhalator. • Avoid eating or drinking whilst using this product as this can reduce the amount of nicotine absorbed in the mouth
Pregnancy	<p>1st Trimester: Consider alternative</p> <p>2nd Trimester: Consider alternative</p> <p>3rd Trimester: Consider alternative</p> <p>For more information, please contact KEMH Obstetric Medicines Information Service.</p>
Breastfeeding	<p>Consider alternative.</p> <p>For more information, please contact KEMH Obstetric Medicines Information Service.</p>
Monitoring	<p>Common side effects: Sleep disturbances, nausea, dizziness, headache, indigestion.</p> <p>These are usually mild and transient but may indicate a dose reduction is necessary.</p>

<p>Clinical Guidelines and Policies</p>	<p>HDWA Policies:</p> <p>Clinical Guidelines and Procedures for the Management of Nicotine Dependent Inpatients</p> <p>Operational Directive OD0414/13: Smoke Free WA Health System Policy</p> <p>Guidelines for assisting nicotine dependent staff</p> <p>WNHS Policies:</p> <p>Nurse/Midwife Initiated Medications</p> <p>WNHS Smoke Free Organisation: Staff NRT Program</p> <p>KEMH Clinical Guidelines:</p> <p>Antepartum Care: Nicotine Dependence Assessment and Intervention</p> <p>Pharmacy Hub: Staff Nicotine Replacement Therapy</p> <p>Postnatal Care: Quick Reference Guide</p> <p>KEMH Pharmaceutical & Medicines Management Guidelines:</p> <p>KEMH Pharmaceutical & Medicines Management Guideline: Medication Administration</p>
<p>References</p>	<p>Australian Medicines Handbook. Nicotine. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2020 [cited 2020 May 07]. Available from: https://amhonline.amh.net.au/</p> <p>MIMS Australia. Nicorette Inhalator. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2020 [cited 2020 May 07]. Available from: https://www.mimsonline.com.au</p> <p>MIMS Australia. Nicotinell Patch. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2020 [cited 2020 May 07]. Available from: https://www.mimsonline.com.au</p> <p>MIMS Australia. Nicotinell Chewing Gum. In: MIMS Online [Internet]. St Leonards (New South Wales): MIMS Australia; 2020 [cited 2020 May 07]. Available from: https://www.mimsonline.com.au</p> <p>The Royal Women's Hospital. Nicotine. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2019 [cited 2020 May 07]. Available from: https://thewomenspbmg-org-au.kelibresources.health.wa.gov.au/medicines/nicotine/</p>

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