

Smoking Cessation – Formulary Recommendations

	Patch	Gum	Nasal Spray	Microtab	Lozenge
Administration	Apply to dry, non-hairy skin on the hip, trunk or upper arm and place new patch on a different site. Note some patches are only applied for 16 hours each day. Not suitable for occasional smokers.	A piece of gum should be chewed until taste becomes strong, then rest it between cheek and gum. Repeat process when taste starts to fade.	Use one spray in each nostril when the urge to smoke occurs. Device must be primed before first using.	Place the tablet under the tongue and allow to dissolve when urge to smoke occurs.	One lozenge should be sucked when the urge to smoke occurs.
Dose	Smoke > 10 a day: either 21mg/24h for 6 weeks or 15mg/16hr patch for 8 weeks then either 14mg/24hr or 10mg/16hr for 2 weeks then either 7mg/24hr or 5mg/16hr for the final 2 weeks. Smoke < 10 a day: start on a middle strength patch. Review if abstinence not achieved in 3 months	Smoke > 20 a day: 4mg gum Smoke ≤ 20 a day: 2mg gum Max. 15 pieces per day of 4mg gum 1 piece lasts approx 30 mins. Withdraw use gradually after 3 months.	Use when required for 8 weeks, then taper the dose over the next 4 weeks and stop. (500mcg/spray) Maximum of 64 sprays daily (or max 1 spray to each nostril twice an hour for 16hrs per day). 3 month treatment course	Smoke > 20 a day: Use 2 tablets an hour. Smoke < 20 a day: Use 1 tablet an hour. Maximum of 40 tablets in 24 hours. Gradually reduce the dose after 3 months.	Initially 1 lozenge every 1 or 2 hours. Usual dose 8-12 per day. Max 15 lozenges daily. Withdraw gradually after 3 months. Review with a healthcare professional if need to keep using after 6 months.
Licensed	Age 12+ In pregnancy & lactation Pregnant smokers using nicotine patches should remove them at night	Age 12+ In pregnancy & lactation The liquorice-flavoured nicotine gum (Nicotinell) is contraindicated in pregnancy.	Age 12+ In pregnancy & lactation	Age 12+ In pregnancy & lactation	Age 12+ In pregnancy & lactation
Advantages	Easy to use, 24 hour patch can help with early morning craving	Easy to regulate dose, can help to stop over eating. Provides quick relief for cravings.	Provides fast relief for cravings, easy to adjust dose.	Discreet, easy to adjust dose, few side effects. Can help to stop over eating.	Discreet .
Disadvantages	May irritate skin at application site. Avoid patches in chronic generalised skin disease. 24 hour patches may disturb sleep. No oral involvement.	Tricky with dentures. Must be used correctly. May experience throat irritation at first. May cause increase in salivation. Specific chewing technique is required.	May cause nasal irritation at first. May cause dependence. Smokers get used to potential aversive effects of the mouth spray with regular use.	Must be used correctly, wasted if swallowed. Only flavour is lemon.	May cause throat irritation and indigestion. Specific 'suck and park' technique required for effective use.
Max. weekly cost	£9.97	£11.30	£30.15	£33.94	£14.54
On Formulary	Nicorette Invisi: all strengths and Nicotinell TTS: all strengths	Nicorette gum: all strengths	Nicorette nasal spray	Nicorette Microtab	NiQuitin lozenge 1mg, 1.5mg, 2mg and 4 mg

	Oral Spray	Varenicline	15mg Inhalator	Bupropion
Administration	Spray into the mouth, holding the spray as close to the mouth as possible and avoiding the lips. Do not inhale whilst spraying and avoid swallowing for a few seconds after use. Each spray contains 1mg nicotine	Oral tablets: 500mcg and 1mg. Start 1-2 weeks before target stop date (max. of 5 weeks before).	Inhale when the urge to smoke occurs and to prevent cravings. Once a cartridge is inserted into the mouthpiece, it should be disposed of within 48 hours, even if it has not been used.	Oral 150mg MR tablet Start 1-2 weeks before target stop date. Do not crush, cut or chew. Swallow whole.
Dose	Use 1-2 sprays in the mouth when the urge to smoke occurs or to prevent cravings. Maximum of 2 sprays per dosing episode. Up to 4 sprays per hour over 16 hours in a 24 hour period. Maximum 64 sprays daily.	For adults, 18 yrs + 500mcg OD for 3/7 500mcg BD for 4/7 1mg BD for 11/52 Can reduce maintenance dose to 500mcg BD if not tolerated. 12/52 course can be repeated in abstinent individuals	Smokers should use 6 cartridges per day (15mg/cartridge) initially for up to 8 weeks. N.B. One 15mg cartridge will last for 40mins of intensive use (8 x 5 mins). Reduce use by half over next 2 weeks and stop after a further 2 weeks. Review treatment if abstinence not achieved in 3 months.	150mg daily for 6 days then 150mg bd. Min of 8 hours between doses. Treatment period 7-9 weeks. Discontinue if abstinence not achieved at 7 weeks.
Licensed	Age 12+ In pregnancy and lactation	Age 18+ Unknown if varenicline is excreted in breast milk	Age 12+ In pregnancy and lactation	Age 18+ Unknown if bupropion & metabolites excreted in breast milk
Advantages	Fast relief for cravings Can help control weight following quit attempt.	Despite flaws in the trial data, NICE have approved it. Discreet, alternative to NRT	Keeps hands busy, easy to regulate dose. Can help control weight during quit attempt.	Discreet, alternative to NRT.
Disadvantages	Can cause increased salivation Unpleasant taste; irritation to the mouth and throat Prime device before using and if more than 2 days pass without using it	Dose alterations for renal impairment. Potential Systemic side effects including agitation, depressed mood and suicidal thoughts.	Not very good for heavy smokers Method of use is visible and not discreet Necessary to inhale more often than when smoking a cigarette, as the technique is very different,	Systemic side effects including seizures and other CNS effects
Examples of products available	Nicorette Quickmiist mouth spray	Champix	Nicorette inhalator	Zyban
Max. weekly cost	£27.75	£47.80	£26.05	£11.16
On Formulary	Yes	NICE TA 123 Formulary	Yes	Yes - for primary care initiation

References used in the compilation of this guidance: Online versions of British National Formulary No. 64, Sep 2012, Drug Tariff Feb 2013 and the SPC for each product.