

# Prescription medicine for smoking cessation not available?





NRT is indicated as a first line treatment for smoking cessation<sup>1</sup>.

Combination NRT is as effective as varenicline and more effective than single types of NRT<sup>1</sup>. Patients who have been impacted by varenecline shortages can be offered combination NRT as a substitute. A recommended guide is below.



All day support

Break through cravings

THERAPY	COUNSELING	WEEK 1-6	WEEK 7 & 8	WEEK 9 & 10	WEEK 11+ or as needed for up to 6 months
 <b>NICORETTE® 16 HOUR INVISIPATCH</b>	For sustained release to mitigate cravings	<b>STEP 1</b> 25 MG	<b>STEP 2</b> 15 MG	<b>STEP 3</b> 10 MG	If strong cravings return, consider remaining at Step 3 for 2 more weeks or longer if necessary
+					
 <b>NICORETTE® QUICKMIST®</b> 2 flavours available	Provides rapid uptake of nicotine. For patients who experience cravings that come on quickly. Encourage patients to have on hand.	1-2 sprays every half hour as needed Max 64 sprays per day	1-2 sprays every half hour as needed Max 64 sprays per day	1-2 sprays every half hour as needed Max 64 sprays per day	Nicorette oral formats can be used as required after the discontinuation of NICORETTE® Patch
OR					
 <b>NICORETTE® GUM 2MG</b> 5 flavours available	For patients who experience habitual cravings and need distraction. Encourage to take before cravings hit.	Up to 20 pieces per day as needed	Up to 20 pieces per day as needed	Up to 20 pieces per day as needed	Nicorette oral formats can be used as required after the discontinuation of NICORETTE® Patch
OR					
 <b>NICORETTE® LOZENGE 2MG</b> 2 flavours available	For patients who experience habitual cravings and need a discreet way to manage. Advise to take lozenge before cravings start.	Up to 15 lozenges per day as needed	Up to 15 lozenges per day as needed	Up to 15 lozenges per day as needed	Nicorette oral formats can be used as required after the discontinuation of NICORETTE® Patch

Nicorette is a stop smoking aid and contains nicotine. It has been assisting smokers to quit for over 40 years with data from over 220 clinical trials.

1. The Royal Australian College of General Practitioners. Supporting smoking cessation: A guide for health professionals. 2nd edn. East Melbourne, Vic: RACGP, 2019.

