NOTTINGHAMSHIRE SMOKING CESSATION ALGORITHM

Choice of treatment dependent on:
- Intention and motivation to quit and likelihood of compliance
- Availability of counselling or support
- Contraindications and potential for ADRs
- Personal preferences

Patient motivated to quit and target stop date discussed, has access to support services
AND is requesting pharmacological support

### Nicotine Replacement Therapy (NRT)
- Usual treatment length: 8-12 weeks. Length dependent on form prescribed.
- Preparations available include patches, gum, lozenges, microtabs, nasal spray or inhalator
- Patients may benefit from changes to preparations used during quit attempt
- Step down the strength of patch used as quit attempt progresses.
- There is evidence to support dual NRT therapy in heavily dependent smokers.

**Caution** in patients with severe/recent CHD/CVD events, uncontrolled hyperthyroidism, diabetes, oesophagitis and peptic ulcers/gastritis.

### Varenicline (Champix®)
- Recommended treatment length: 12 weeks.
- Start 1-2 weeks before target stop date (up to max. of 5 weeks).
- Initially 500mcg OD for 3 days, increased to 500mcg BD for 4 days then 1mg BD for 11 weeks. See BNF/SPC for dosing in patients with cautions.

**Contraindicated** in pregnancy, breastfeeding, under 18 years and those with end-stage renal disease.

**Caution** in patients with a history of renal impairment, cardiovascular disease, predisposition to seizures (including conditions that may lower seizure threshold), diabetes, and psychiatric disorders. See note from MHRA below.

### Bupropion (Zyban®)
- Maximum treatment length 7-9 weeks
- Start 1-2 weeks before target stop date.
- Initially 150mg OD for six days then 150mg BD with a minimum of 8 hours between doses. Elderly maximum: 150mg OD. See BNF/SPC for dosing in patients with cautions.

**Contraindicated** in patients with:
- Current or history of seizures
- Eating disorders
- CNS tumour
- Alcohol/benzodiazepine withdrawal
- Pregnancy or breast-feeding
- Hepatic cirrhosis
- History of bipolar disorder

**Caution** in patients on concomitant medicines which lower seizure threshold, alcohol abuse, previous head trauma or diabetes.

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## References


NICE PH26 (June 2010) Quitting smoking in pregnancy and following childbirth.


NICE PH48 (November 2013) Smoking cessation in secondary care: acute, maternity and mental health services.


Clinical Knowledge Summaries [Accessed: February 2017]


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### Price Per Day of Regular Use Products (Feb 2017)

<table>
<thead>
<tr>
<th>Product</th>
<th>Price Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bupropion (Zyban)</td>
<td>£1.50</td>
</tr>
<tr>
<td>Varenicline (Champix)</td>
<td>£2.00</td>
</tr>
<tr>
<td>Patch: NiQuitin 7mg, 14mg, 21mg per 24 hours</td>
<td>£0.50</td>
</tr>
<tr>
<td>Patch: Nicorette invisi 10mg, 15mg, 25mg per 16h hours</td>
<td>£1.00</td>
</tr>
<tr>
<td>Patch: Nicotinell TTS 10 (7mg per 24 hours)</td>
<td>£1.00</td>
</tr>
<tr>
<td>Patch: Nicotinell TTS 20 (14mg per 24 hours)</td>
<td>£1.50</td>
</tr>
<tr>
<td>Patch: Nicotinell TTS 30 patches (21mg per 24 hours)</td>
<td>£2.00</td>
</tr>
</tbody>
</table>

*Prices based on NHS Indicative Price in BNF
*Prices for patches when purchased in packs of 7. Highest strength patches can be purchased in packs of 14 at a lower cost per unit.
*Costs for Bupropion and Varenicline expressed at normal daily dose—not initial doses
*Different strengths of NiQuitin and Nicorette patches are equal when bought in packs of 7

### Cost of PRN Choices:
- The least costly options at maximum PRN doses are either gum or lozenges
- Overall, gum costs less than lozenges at maximum PRN doses—the lowest cost brand depends on dose, form and packet size.
- Costs illustrated above change based on packet size

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*Prices based on NHS Indicative Price in BNF