

Tobacco Dependence Treatment Order Form

Patient Name: _____

Date: _____

Patient Address: _____

Physician/Provider Signature: _____

Physician/Provider Phone: _____

- Nicotine patch, gum, inhaler, nasal spray or lozenge are options for nicotine replacement therapy (NRT) based on patient or provider preference.
- The goal for prescribing NRT should be to provide 100% of the patient's daily nicotine dose.
- **Combining patch with gum, inhaler, nasal spray OR lozenge may be used.** Consider it for those patients unable to quit previously with a single therapy. Concurrent use of gum, lozenge, inhaler and nasal spray is NOT recommended. Any NRT products may be combined with Bupropion.
- **One pack of cigarettes equals approximately 20-30 mg of nicotine.**

NICOTINE PATCH

(May be combined with gum, lozenge, nasal spray, inhaler or Bupropion)

- < 10 cigarettes/day: 14 mg patch, replace patch every 24 hours, rotate application site.
- ≥ 10 cigarettes/day: 21 mg patch, replace patch every 24 hours, rotate application site.

NICOTINE GUM

(May be combined with patch or Bupropion)

- < 25 cigarettes/day: 2 mg gum, 1 piece every 1-2 hours while awake, patient must activate gum by chewing slowly until taste is noticed, then park between cheek and gums until sensation disappears. Reactivate gum by chewing slowly until sensation reappears, then re-park. Gum should be removed after 30 minutes. Do not eat or drink 15 min. before or while gum is in mouth. Maximum of 10-15 pieces per day.
- ≥ 25 cigarettes/day: 4 mg gum, 1 piece every 1-2 hours while awake, patient must activate gum by chewing slowly until taste is noticed, then park between cheek and gums until sensation disappears. Reactivate gum by chewing slowly until sensation reappears, then re-park. Gum should be removed after 30 minutes. Do not eat or drink 15 min. before or while gum is in mouth. Maximum of 10-15 pieces per day.

NICOTINE LOZENGE

(May be combined with patch or Bupropion)

- First cigarette > 30 minutes after waking: 2 mg lozenge, 1 lozenge every 1-2 hours while awake, patient should use like a cough drop, do not chew or swallow.
- First cigarette ≤ 30 minutes after waking: 4 mg lozenge, 1 lozenge every 1-2 hours while awake, patient should use like a cough drop, do not chew or swallow.

NICOTINE INHALER

(May be combined with patch or Bupropion)

- 10 mg/cartridge: 10 puffs into mouth every 5-10 minutes as needed for nicotine craving (1 cartridge = 80 puffs = 1 cigarette). Maximum of 16 cartridges/day.

NICOTINE NASAL SPRAY

(May be combined with patch or Bupropion)

- 10-20 cigarettes per day: 1 mg/ml (1 dose = 1 spray in each nostril), 1 dose every 1-2 hours while awake. Maximum of 40 doses/day.
- > 20 cigarettes per day: 1 mg/ml (1 dose = 1 spray in each nostril), 1-2 doses every hour while awake. Maximum of 40 doses/day.

BUPROPION HCL SR TABLETS

(May be combined with gum, lozenge, nasal spray, inhaler or patch)

- 150 mg daily for 3 days, then 150 mg twice daily. Begin treatment 2 weeks prior to quitting.

VARENICLINE TABLETS

(Do not combine with Nicotine Replacement Products)

- 0.5 mg QD for 3 days, then 0.5 mg twice daily for 4 days, then 1 mg twice daily. Begin treatment 1 week prior to quitting.