

Cigarettes and Vaping Treatment Tips

<p>Advice and Support</p>	<ul style="list-style-type: none"> • Advise that “non-use” is best • Ask about cravings and symptoms of nicotine withdrawal (increased appetite, fatigue, headache, irritability, anxiety, and depression). If patient is experiencing either, offer NRT. • Assess for shortness of breath, decreased exercise tolerance or other respiratory symptoms. If present, refer to Pulmonary for evaluation. • If possible, connect to counseling for support. • Ask patients to make a brief quit trial while trying NRT, or set a quit date! 										
<p>Prescribe Nicotine Replacement Therapy (NRT)</p>	<table border="1"> <thead> <tr> <th data-bbox="654 644 1066 726">Cigarettes/Day 1 pod equals 20 cigarettes</th> <th data-bbox="1066 644 1398 726">Patch Dose</th> </tr> </thead> <tbody> <tr> <td data-bbox="654 726 1066 768">< 10</td> <td data-bbox="1066 726 1398 768">7-14 mgs</td> </tr> <tr> <td data-bbox="654 768 1066 810">10-20</td> <td data-bbox="1066 768 1398 810">14-21 mgs</td> </tr> <tr> <td data-bbox="654 810 1066 852">21-40</td> <td data-bbox="1066 810 1398 852">21-42 mgs</td> </tr> <tr> <td data-bbox="654 852 1066 894">> 40</td> <td data-bbox="1066 852 1398 894">42 mgs</td> </tr> </tbody> </table> <p>ASAM Essentials, 3rd Edition, 2020.</p>	Cigarettes/Day 1 pod equals 20 cigarettes	Patch Dose	< 10	7-14 mgs	10-20	14-21 mgs	21-40	21-42 mgs	> 40	42 mgs
Cigarettes/Day 1 pod equals 20 cigarettes	Patch Dose										
< 10	7-14 mgs										
10-20	14-21 mgs										
21-40	21-42 mgs										
> 40	42 mgs										
<p>Titration with Patch & Lozenges</p>	<ul style="list-style-type: none"> • Add 2mg Lozenges for cravings, may use one every 2 hours. • If using multiple lozenges and still craving nicotine, increase dose of patch at next visit. • Nicotine is a stimulant. If patch is interfering with sleep, remove overnight. (Patient may experience morning cravings if removing the patch overnight.) 										
<p>Tapering</p>	<ul style="list-style-type: none"> • Decrease the strength of the patch every 2-3 weeks, or when patients are no longer using gum/lozenges. • After 2-3 weeks with a 7 mg patch, remove patch entirely but keep gum/lozenges available. • DO NOT CUT PATCHES • Follow up every 2-4 weeks while on NRT. 										
<p>When NRT is not enough:</p>	<ul style="list-style-type: none"> • Add Contingency Management: rewards provided for abstinence or decreased smoking • Consider adding Bupropion SR 150mgs once a day x 7 days, then increase to 150mgs bid. • Or, Adding Varenicline (Chantix) 0.5mgs once a day 3x days, then 0.5mgs bid x 4 days then 1 mg bid for 12 to 24 weeks. • Both bupropion and varenicline lower seizure threshold so do not prescribe together. 										
<p>Offer Support Lines</p>	<ul style="list-style-type: none"> • 1-800-QUIT-NOW • TEEN.SMOKEFREE.GOV 										

****Do not recommend e-cigarettes, nicotine nasal spray or nicotine inhaler to adolescents as smoking cessation tool. For support, please call your regional MCPAP line.****

Disclaimer: The NRT Tip Sheet is offered for information purposes only and is not meant as a substitute for independent medical judgment or the advice of a qualified physician or healthcare professional. The NRT Tip Sheet is not intended to provide medical advice or clinical services to patients, to verify or approve medical information or credentials, or to make any medical referrals. The NRT Tip Sheet does not provide professional or medical advice or recommend any particular medical device or service, including recommendations or endorsements through the NRT Tip Sheet. Users who choose to use information or recommendations made available by the NRT Tip Sheet do so at their own risk and should not rely on that information as professional medical advice or use it to replace any relationship with their physicians or other qualified healthcare professionals.