

Agreed List of Pharmacotherapies For Use Within the Sunderland NHS Stop Smoking Service (Universal and Specialist)

All Nicotine Replacement Therapy product prices are set as of April 2024 in accordance to NHS Dictionary of Medicines and Devices. Prices are updated on a weekly basis and will automatically reflect the Council's commission IT System (currently "PharmOutcomes").

Preparation	Strength	Maximum Daily Dose	Instructions	Comments	Price
Patches	10mg/16 hours 15mg/16 hours 25mg/16 hours	1 patch a day regardless of strength	Apply on waking to dry, non-hairy skin on hip, chest or upper arm, and remove 16 hours later, usually before bedtime. Rotate sites.	Suitable for smokers with regular smoking pattern and low level of behavioural dependence. Patches give a constant release of nicotine. Not suitable for occasional smokers.	Brand: Nicorette Invisi Prices are for 7 patches 10mg/16 hours - £11.43 25mg/16 hours - £11.43
Patches	7mg/24 hours 14mg/24 hours 21mg/24 hours	1 patch a day regardless of strength	Apply in the morning to dry, non-hairy skin on hip, chest or upper arm, and remove and replace 24 hours later. Rotate sites.	Recommended for those who smoke within 30 minutes of waking or smoke at night. Patches give a constant release of nicotine. Not suitable for occasional smokers. Patients reporting side effects of sleep disturbances should be offered the 16 hour patch instead.	Brand: NiQuitin £11.48 for 7 patches

Sublingual tablets (Microtabs)	2mg tablets	40 tablets in 24 hours	<p>Tablet should be placed under the tongue and allowed to slowly dissolve.</p> <p>It should be moved around under the tongue to prevent irritation.</p> <p>For people smoking ≤ 20 cigarettes daily, 2mg every hour. Can be increased to 4mg every hour in people who fail to stop smoking or have significant withdrawal symptoms.</p> <p>For people smoking ≥ 20 cigarettes daily, 4mg every hour.</p>	<p>Continue treatment for up to 3 months before reducing the dose.</p> <p>It is discreet and flexible and provides good dose control.</p>	<p>Brand: Nicorette Microtabs £19.00 for 100 tablets</p>
Lozenges	2mg 4mg	15 lozenges daily	<p>Put lozenge in mouth and allow to slowly dissolve.</p> <p>Periodically move it from one side of the mouth to the other.</p> <p>Lozenge should not be chewed or swallowed whole.</p>	<p>Lozenges last 10-30 minutes depending on size.</p> <p>Continue treatment for 6-12 weeks before attempting dose reduction.</p> <p>Users should not eat or drink while the lozenge is in the mouth.</p>	<p>Brand: NiQuitin £7.40 for 72 1.5mg, 2mg 4mg</p>

Mini-Lozenges	2mg, 4mg	15 lozenges daily	<p>Put lozenge in mouth and allow to slowly dissolve.</p> <p>Periodically move it from one side of the mouth to the other.</p> <p>Lozenge should not be chewed or swallowed whole.</p>	<p>Lozenges last 10-30 minutes depending on size.</p> <p>Continue treatment for 6-12 weeks before attempting dose reduction.</p> <p>Suitable for smokers who smoker 20 cigarettes or less per day.</p> <p>Users should not eat or drink while the lozenge is in the mouth.</p>	<p>Brand: NiQuitin Minis</p> <p>£12.56 for 60 4mg</p>
Nicotine medicated gum	2mg 4mg	15 pieces of either strength	<p>Chew one piece when the urge to smoke occurs.</p> <p>Chew until a peppery/ tingling feeling occurs, flatten and park between the gum and the cheek.</p> <p>Chew and park several times per piece. Nicotine is released over 30 minutes of slow intermittent chewing - to release taste.</p>	<p>Allows good control of nicotine dose.</p> <p>Not permitted on mental health wards.</p>	<p>Brand: Nicotinell</p> <p>£10.93 for 96 2mg pieces</p> <p>£13.57 for 96 4mg pieces</p>
Nicotine nasal spray	0.5mg/ spray	64 sprays daily	<p>Tilt head and use one squirt in each nostril when the urge to smoke occurs, up to twice an hour for 16hours/ day.</p>	<p>Rapid nicotine delivery - better for very dependent smokers.</p>	<p>Brand: Nicorette</p> <p>£21.00 for 1x10ml spray</p>

			When withdrawing from therapy, the dose can be gradually reduced to 1 spray in 1 nostril.	Recommended for those who smoke ≥ 20 cigarettes a day.	
Nicotine inhalator	15mg	6 cartridges daily	<p>Inhale using the inhalator either deeply or shallow puffs.</p> <p>Can use as many puffs as needed for as long as needed.</p> <p>Each cartridge will provide 40 minutes of intense use.</p> <p>Try to reduce the amount of cartridges used daily over time.</p>	<p>The amount of nicotine absorbed is the same using either breath technique.</p> <p>The 40 minutes of intense use can be split for example four 10 minute periods or eight 5 minute periods.</p>	<p>Brand: Nicorette</p> <p>£35.64 for 36 pack</p> <p>£22.60 for 20 pack</p>