

SASKATOON HEALTH REGION
Saskatoon, Saskatchewan

RUH SCH LSPH OTHER _____

PHYSICIAN'S ORDERS

ALLERGIES _____

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DATE	TIME	ORDERS AND SIGNATURE NICOTINE REPLACEMENT THERAPY	PROCESSED				
			TIME	M A R	I C P	R E Q	R N
		REFER TO REVERSE FOR MORE DETAILED PRESCRIBING AND ADMINISTRATION INFORMATION					
		*Any dosage form may be used alone OR the patch may be combined with gum OR the inhaler (see prescribing restrictions on reverse) to manage breakthrough withdrawal symptoms.					
		NICOTINE PATCH (check <u>one</u> box)					
		<input type="checkbox"/> Smokes more than 20 cigarettes/day and weighs more than 45Kg:					
		21mg/day patch applied topically daily x 6 weeks, then					
		14mg/day patch applied topically daily x 2 weeks, then					
		7mg/day patch applied topically daily x 2 weeks, then reassess.					
		OR					
		<input type="checkbox"/> Smokes 10-20 cigarettes/day or weighs less than or equal to 45Kg and smokes more than 20 cigarettes/day:					
		14mg/day patch applied topically daily x 6 weeks, then					
		7mg/day patch applied topically daily x 2 weeks, then reassess.					
		OR					
		<input type="checkbox"/> Smokes less than 10 cigarettes/day:					
		7mg/day patch applied topically daily x 6 weeks, then reassess.					
		NICOTINE GUM (check <u>one</u> box) (see reverse for technique)					
		<input type="checkbox"/> Smokes greater than or equal to 15 cigarettes/day or a history of smoking within 30 minutes of waking:					
		4mg gum chew and park q1h prn; maximum 20 pieces/day (initial average 10-16/day)					
		OR					
		<input type="checkbox"/> Smokes less than 15 cigarettes/day					
		2mg gum chew and park q1h prn; maximum 20 pieces/day (initial average 10-16/day)					
		NICOTINE ORAL INHALER (see reverse for prescribing restrictions)					
		PHYSICIAN'S SIGNATURE:					

NICOTINE REPLACEMENT THERAPY (NRT)

GENERAL INFORMATION

- Choice of formulation is based upon side-effects, contra-indications and patient preference. The gum is the least costly option whereas the inhaler is the most costly.
- Dose needs to be individualized, increasing if withdrawal symptoms occur and decreasing if side-effects occur.
- The nicotine patch provides a constant rate of nicotine. Nicotine gum or inhaler may be added to the patch to help manage breakthrough cravings or withdrawal symptoms.
- **Cardiovascular Disease:** Current evidence suggests NRT does not lead to an increased risk of cardiovascular events in smokers with a history of cardiovascular disease. Use with caution immediately post-myocardial infarction, in serious cardiac arrhythmias and in severe or worsening angina pectoris. Avoid in Prinzmetal (variant) angina.
- **Pregnancy/Breastfeeding:** If NRT is used, reserve for those with moderate (16-19 cigarettes/day) to high (20+ cigarettes/day or 1st cigarette within 30min of waking) nicotine dependence and use the as needed formulations (gum or inhaler). Avoid breastfeeding immediately after use to reduce nicotine exposure to the baby. If the patch is used, remove at bedtime to reduce exposure to the baby during night feedings.
- **Diabetes:** Nicotine from both smoking and NRT affects carbohydrate metabolism and insulin absorption. Routinely monitor blood glucose to determine whether diabetes medication adjustments are required.
- **Adolescence:** Offer NRT if there is evidence of nicotine dependence or symptoms of nicotine withdrawal during previous quit attempts.

TRANSDERMAL PATCH

- Remove old patch and apply new patch once daily in the morning. Apply to a clean, dry, non-hairy area on the upper body or outer arm. Alternate sites daily avoiding using the same site within the same week.
- Remove at bedtime if insomnia and/or bad dreams occur and consider prescribing gum to be used as needed upon waking. Contact pharmacy if require bedtime removal.
- May cause redness and itching at the patch site, headache, dizziness, fatigue, sleep disturbances and GI upset. Use with caution in generalized skin conditions.

GUM

- When urge to smoke is present, chew gum slowly once or twice then hold in side of mouth for about 1 minute (BITE, BITE, PARK technique); repeat for up to 30 minutes/piece. Use no more frequently than 1 piece/hour.
- May cause mouth and throat irritation, GI upset, jaw ache and headache. May stick to fillings and dentures.
- Avoid coffee and acidic beverages (pop, juice) within 15 minutes of gum due to impaired nicotine absorption.
- The number of pieces of gum chewed/day is gradually tapered as tolerated by the patient.

INHALER

- **If the inhaler is the only option for a particular patient, it may be ordered (at no cost to the patient) in the Psychiatry unit at RUH and SCH, the Palliative Care unit at SPH, the Behavioural Care unit at Parkridge, and Social & Brief Detox. Inhaler cartridges ordered and used by patients in other areas will result in a patient charge.**
- Order on a regular Physician's Orders form: Nicotine 10mg oral inhaler lightly puff pm; maximum 16 cartridges/day.
- Insert cartridge into inhaler and lightly puff several times/minute as needed. Replace cartridge when empty **OR** after 24 hours.
- May cause mouth and throat irritation, GI upset and cough.
- The number of cartridges used/day is gradually tapered as tolerated by the patient.