

Smokefree City and Hackney
 Stop Smoking Service
 Office Number: 020 3074 2282

NICOTINE REPLACEMENT THERAPY & VARENICLINE QUANTITY GUIDANCE

- The table below provides guidance on the recommended maximum dosages of NRT for two weeks
- Level 2 Advisors may only supply 12 weeks in total per quit attempt.
- Two products may be prescribed together.

BRAND	AVAILABILITY	RECOMMENDED DAILY MAXIMUM DOSE	Supply weekly or 2weekly RECOMMENDED MAXIMUM DOSAGE FOR TWO WEEKS
PATCHES			
Nicorette®	25 mg, 15 mg, 10 mg & 5 mg strengths. (packs of 7)	1 patch per day applied to a different site each day (worn for 16 hours only).	7 patches for 1 week 14 patches for 2 weeks, of the relevant strength depending on number of cigarettes smoked per day
Nicotinell TTS®	7mg, 14mg & 21mg strengths (packs of 7 patches)	1 patch per day applied to a different site each day.	7 patches for 1 week 14 patches for 2 weeks, of the relevant strength depending on number of cigarettes smoked per day
NiQuitin CQ®	21 mg (packs of 7 and 14) & 7 mg strengths (packs of 7).	1 patch per day applied to a different site each day.	7 patches for 1 week 14 patches for 2 weeks, of the relevant strength depending on number of cigarettes smoked per day

Smokefree City and Hackney
Stop Smoking Service
Office Number: 020 3074 2282

Nicopatch®	7mg, 14mg & 21mg strengths (packs of 7 patches)	1 patch per day applied to a different site each day. (worn for 24h)	7 patches for 1 week 14 patches for 2 weeks, of the relevant strength depending on number of cigarettes smoked per day
GUM			
Nicorette®	2mg, 4mg & 6mg available in packs of 30, 105 & 210 pieces.	Max. 15 pieces daily	15x7=105 pieces per week 210 pieces for 2 weeks
Nicotinell®	2mg & 4mg available in packs of 96	Max. 15 pieces daily	96 pieces per week 2x96 (192) pieces for 2 weeks
NiQuitin CQ®	2mg & 4mg available in packs of 96	Max. 15 pieces daily	96 pieces per week 2x96 (192) pieces for 2 weeks
LOZENGES			
Nicotinell® lozenge	1mg & 2mg, available in packs of 96	Max. 15 lozenges daily	96 pieces per week 2x96 (192) pieces for 2 weeks

**Smokefree City and Hackney
Stop Smoking Service
Office Number: 020 3074 2282**

NiQuitin CQ® lozenge	1.5mg, 2mg & 4mg available in packs of 36 & 72	Max. 15 lozenges daily	144 pieces for 2 weeks
NiQuitin Minis	1.5mg & 4mg available in packs of 60	Max 15 lozenges daily.	60 pieces per week 2x60 (120) pieces for 2 weeks
Nicorette COOLS lozenge	2mg available in packs of 20 or 60, 4gm available in packs of 60	Max. 15 lozenges daily	60 pieces per week 2x60 (120) pieces for 2 weeks



**Smokefree City and Hackney
Stop Smoking Service
Office Number: 020 3074 2282**

CHAMPIX – NOT NICOTINE REPLACEMENT, NEVER USE IN COMBINATION WITH NRT			
<p align="center">Starter pack / Maintenance / Further treatment</p>	<p align="center"> <u>Starter Pack</u> (2 Weeks) 11x 0.5mg & 14x 1mg (2 Weeks) 25x 0.5mg <u>Maintenance</u> (2 Weeks) 28x 1mg <u>Further Treatment</u> (Monthly) 56x 0.5mg & 56x1mg (Weekly) 14x 0.5mg & 14x 1mg </p>	<p align="center">Max. 2 tablets a day, 1 morning 1 evening.</p>	<p align="center"> 28 tablets for 2 weeks <i>NB</i> Unsuitable for pregnant women and under 18s. </p>
OTHER DEVICES			
<p align="center">Nicorette Microtab</p>	<p align="center">2mg tablets, available in packs of 100</p>	<p align="center">Maximum dose: 24- 40</p>	<p align="center">1 per hour, (around 14 a day), 100 a week 200 tabs for 2 weeks</p>



**Smokefree City and Hackney
Stop Smoking Service
Office Number: 020 3074 2282**

<p>Nicorette® Inhalator</p>	<p>available as 4 cartridge “starter” pack & 15mg 20 cartridge & 36 cartridge “refill” pack</p>	<p>Dose: 15mg – maximum 6 cartridges daily;</p>	<p>6x6= 36cartridges per week 72 cartridges for 2 weeks</p>
<p>Nicorette® Nasal spray</p>	<p>Available as 200-spray unit, .5mg per spray</p>	<p>Max. 64 sprays daily 200 sprays = 3 days</p>	<p>64x7= 448 sprays per week Max: 2 bottles for 1 week</p>
<p>Nicorette QuickMist Mouthspray</p>	<p>Available as 150-spray unit, Individual or Double Pack</p>	<p>Max 64 sprays daily 150 sprays = 3 days</p>	<p>64x7= 448 sprays, 896 sprays for 2 weeks 2 bottles for 1 week 4 bottles for 2 weeks</p>