

Long-Acting NRT

Nicotine Patches

Nicotine patches are a form of nicotine replacement therapy (NRT) that deliver a clean form of nicotine through the skin and into the bloodstream over 24 hours. They are available over-the-counter in 7mg, 14mg, and 21mg doses.

How to Use

- 1 Select a clean, dry, non-irritated and hairless part of the body above the waist, and remove the adhesive backing.
- 2 Apply the patch firmly as per product directions, rotating application sites daily. Avoid touching the adhesive with your fingers. Always wash your hands after applying, or removing a patch.
- 3 Wear the patch for 24 hours daily, replacing it with a new one each day.

Potential Side Effects

- ▶ Headaches
- ▶ Local skin irritation
- ▶ Vivid or abnormal dreams, insomnia (if this occurs, remove the patch 2 hours before bed)

Benefits

- A Gradual delivery of nicotine:** patches deliver a continuous, controlled release of nicotine to reduce cravings and unpleasant symptoms of withdrawal.
- B Convenient:** once applied, patches require minimal effort and can be worn discreetly under clothing.
- C Flexible:** nicotine patches can be combined with short-acting NRTs and other prescription medications like varenicline or bupropion.

Recommended Dosing

Start with

If smoking...	<10 cpd*	14mg patch
	10-29 cpd	21mg patch
	>29 cpd	21+7mg patches

After 1-4 weeks on NRT

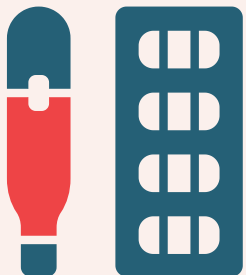
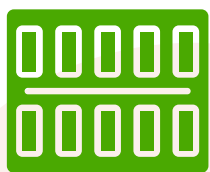
If still smoking...	1-5 cpd	Add additional 7mg patch
	6-9 cpd	Add additional 14mg patch
	10+ cpd	Add additional 21mg patch
If not smoking...		Continue on current dose

- ▶ For breakthrough cravings, add one short-acting NRT. If more NRT is needed, discuss off-label dosing with your healthcare provider.

Pulled from CAN-ADAPTT's guide to smoking cessation.

**cpd = cigarettes per day*

Speak to your healthcare provider to assess what kind of nicotine replacement therapy is right for you.



Short-Acting NRT

Short-acting nicotine replacement therapies (NRTs) are used to manage breakthrough cravings by delivering nicotine quickly. Short-acting NRTs are available over-the-counter, and include: **chewable gum**, **dissolvable lozenges**, and **oral sprays**.

Quick Tips

For best effect, wait 10-15 minutes before/after eating to use a short-acting NRT.

Do not swallow the gum or lozenge. Do not apply the nicotine spray directly to the back of the throat.

When in doubt, follow the instructions listed on the product.

Potential Side Effects

Depending on the type of short-acting NRT, side effects include:

- ▶ Dizziness, headaches
- ▶ Hiccups, heartburn, indigestion
- ▶ Cough, throat and mouth irritation
- ▶ Sore jaw
- ▶ Nausea, vomiting, diarrhea

Benefits

A

Fast relief: Provide quick relief from withdrawal symptoms and cravings. Oral sprays are the fastest-acting NRT.

B

Flexible: Short-acting NRTs can be combined with the nicotine patch and other prescription medications like varenicline or bupropion.

C

Convenient: Available in different forms making them easy to use on the go and as needed throughout the day.

Recommended Dosing

Gum

Available in 2mg (<15 cpd);
4mg (>15 cpd)

1 piece/hour
Max 20 4mg pieces/day
(6, if wearing patch)

Lozenge

Available in 2mg (<25 cpd);
4mg (>25 cpd)

1 piece/hour
Max 15 2mg lozenges/day
(6, if wearing patch)

Spray

Available in 1mg spray

1-2 sprays every 30-60 mins
Max 4 sprays/hour

- ▶ Note: Dosage may be different if you are on combination treatment. Discuss off-label dosing with your healthcare provider.

Speak to your healthcare provider to assess what kind of nicotine replacement therapy is right for you.



Varenicline

Varenicline is a prescription smoking cessation aid that works by mimicking and partially blocking the effects of nicotine on the brain. This provides a mild nicotine replacement effect, while reducing the pleasurable effects of smoking.



Benefits

- A** Most effective medication for smoking cessation, outperforming both single forms of NRT or bupropion. Note: varenicline is as effective as combining short-acting NRT with nicotine patch.
- B** Safe for use among populations with stable psychiatric conditions and can be combined with NRT or bupropion.
- C** Works better for women, compared to other treatments.

Quick Tips

★ Taking the second dose in the early evening can help with insomnia and vivid dreams.

★ Side effects tend to subside with continued use.

★ Eating and drinking a full glass of water before taking the medication can help reduce nausea.

Potential Side Effects

- ▶ Common side effects include bad taste, constipation, flatulence, nausea, and sleep disturbances. Combining varenicline with NRT may increase symptoms of nausea.
- ▶ Note: varenicline may increase alcohol intoxication and should be cautioned in those with diabetes as blood sugar levels may fluctuate.

Recommended Dosing

Varenicline is sold in 0.5mg and 1mg tablets.

The dosing regimen is as follows:

Day 1 - 3 0.5 mg once daily

Day 4 - 7 Increase to 1mg (0.5 mg twice daily)

Day 8 - Onwards Increase to 2mg (1 mg twice daily)

- ▶ The standard maintenance dose is 1 mg twice daily for 12 weeks. However, in consultation with your prescriber, varenicline may be prescribed for a longer duration (24 weeks or longer) and/or a lower or higher dose may be recommended.



Speak to your healthcare provider to assess what smoking cessation aid is right for you.



Bupropion

Bupropion (brand name Zyban™) is a prescription medication used as a smoking cessation aid that works by reducing the pleasurable effects of smoking, helping to minimize symptoms of withdrawal, cravings, and the negative mood associated with reducing smoking.

Quick Tips

★ Taking the second dose in the early evening can help with insomnia and vivid dreams. Taking with a meal or glass of water reduces nausea.

★ Side effects tend to subside with continued use.

★ Eating and drinking before taking the medication can help reduce nausea.

Potential Side Effects

- ▶ Dry mouth
- ▶ Upset stomach
- ▶ Insomnia
- ▶ Jitteriness
- ▶ Nausea

Benefits

A

Is an option for patients with concurrent depression.

B

Can be combined with nicotine replacement therapy (NRT) and is an option for those with unsuccessful quit attempts using NRT alone.

Recommended Dosing

Bupropion slow release (SR) is the only formulation approved for smoking cessation, and is available in 100 and 150mg doses.

Day 1 - 3

150 mg daily

Day 4 - Onward

150 mg twice daily, for 7-12 weeks*

**if no clinically significant side effects are observed.*

Speak to your healthcare provider to assess what smoking cessation aid is right for you.

Cytisine



Available in Canada, cytisine is a natural health product used as a smoking cessation aid. It does not require a prescription and can be found in certain pharmacies, health stores, and online. Similar to varenicline, cytisine works by mimicking and partially blocking nicotine's effects in the brain, providing a mild nicotine replacement effect, while reducing the pleasurable effects of smoking.

Quick Tip

Before purchasing cytisine, check for the correct Natural Product Listing Number (NPL). Do not buy products that do not have a NPL number.

Potential Side Effects

- ▶ Upset stomach
- ▶ Nausea
- ▶ Sleep disturbances, such as abnormal dreams and insomnia

Research Update

More recent studies suggest taking 2 capsules 3 times per day for a maximum of 9mg per day for 12 weeks is most effective for quitting smoking or vaping nicotine

Benefits

A

Alternative: for those with unsuccessful quit attempts using nicotine replacement therapy or prescription medication.

B

Cost-effective: For those without prescription coverage, cytisine is a cost-effective treatment.

Recommended Dosing

Cytisine comes in 1.5mg oral capsules and is taken multiple times a day. There is a specific dosing schedule to follow when taking cytisine, so it is important to read and follow product instructions.

Day 1 - 3

1 capsule every 2 hours
(max: 6 capsules per day)

Day 4 - 12

1 capsule every 2.5 hours
(max: 5 capsules per day)

Day 13 - 16

1 capsule every 3 hours
(max: 4 capsules per day)

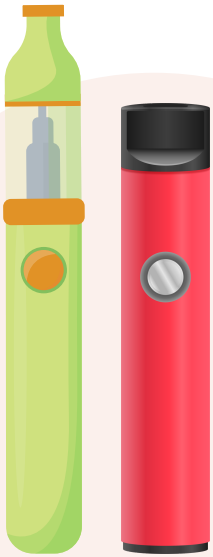
Day 17 - 20

1 capsule every 5 hours
(max: 3 capsules per day)

Day 21 - 25

1-2 capsules per day

Speak to your healthcare provider to assess what smoking cessation aid is right for you.



E-Cigarettes

E-cigarettes are battery-powered devices that heat up a liquid solution often containing nicotine (also known as e-liquid or vape juice) into an aerosol that is inhaled. While e-cigarettes expose people to nicotine (and other harmful chemicals), they may simultaneously provide a lower-risk alternative for those who smoke cigarettes.



Benefits

If you have been unable to quit or reduce your tobacco intake using nicotine replacement therapy, prescription medication (i.e., bupropion or varenicline), or cytisine, switching completely to vaping can increase your chance of staying smoke-free. E-cigarettes can be a helpful quit aid by:

- A** Sustaining **hand-to-mouth action**, while using a less-harmful product
- B** **Managing cravings** and symptoms of withdrawal
- C** Allowing you to **gradually reduce nicotine** levels by choosing lower strength e-liquids over time

Quick Tips

Avoid dual use of e-cigarettes and traditional cigarettes.

Keep heat low.

Take care of reusable devices by cleaning the device and changing the vape coil regularly.

Do not use un-labelled, old, or unregulated products.

Potential Side Effects

The main side effect is the continued dependence on nicotine. Long-term effects of vaping are emerging. However, common short-term side effects include:

- ▶ Mouth and throat irritation
- ▶ Cough
- ▶ Nausea
- ▶ Headaches

Dosing

E-Cigarettes as a smoking cessation aid

There is currently no dosing regimen associated with using e-cigarettes as a smoking cessation aid.

However, individuals should work with their healthcare provider to find a device or pattern of vaping that can prevent them from relapsing to smoking.



Speak to your healthcare provider to assess what smoking cessation aid is right for you.

Nicotine Pouches



Some nicotine pouches that contain 4mg or less of nicotine are authorized to help users of tobacco to quit. Although non-prescription, they can only be obtained from a pharmacist. Nicotine pouches are placed between the upper cheek and gums, and deliver nicotine to help reduce cravings and withdrawal. These pouches are intended for individuals age 18+.

Quick Tips

Do not swallow or chew the nicotine pouch. Swallow your saliva as needed.

Avoid eating or drinking acidic foods while using nicotine pouches.

Do not reuse pouches or exceed more than 15 pouches a day.

Potential Side Effects

Some users may report side effects similar to nicotine gum and lozenges such as:

- Mouth and gum irritation
- Stomach upset
- Headache
- Nausea

Benefits

A

Does not contain tobacco: nicotine pouches do not contain tobacco, making it a safer alternative to smoking cigarettes.

B

Convenient: Nicotine pouches are easy to travel with and can be used in areas that are smoke-free.

Recommended Dosing

In Canada, pouches available at the pharmacy contain 4mg or less of nicotine. While there is currently no established dosing regimen, the manufacturers recommend the following:

Month 1

1 pouch every 1-2 hours

Month 2

1 pouch every 2-4 hours

Month 3

1 pouch every 4-8 hours

Speak to your healthcare provider to assess what smoking cessation aid is right for you.