

ST NRT Dosing Algorithm

Spit Tobacco Algorithm

ST / Week	Patch / Gum / Lozenge Dosage	Comments
2 tins or less / week	<p style="text-align: center;">Patch: 14 mg. x 4 weeks 7 mg. x 4 weeks</p> <p style="text-align: center;">Gum / Lozenge*: 8 – 12 4-mg pieces per day x 8 weeks (not to exceed 24/20 pieces per day)</p>	<p>If patch adjust dosage to be 14 mg as starting dose. (14 mg x4 weeks; 7 mg x 4 weeks)</p> <p>If prt is concurrently using any other form of tobacco w/ ST, increase starting dosage to 21 mg patch</p>
>2 but <5 tins / week	<p style="text-align: center;">Patch: 21 mg plus gum or lozenge* 21 mg x 4 weeks 14 mg x 2 weeks 7 mg x 2 weeks</p> <p style="text-align: center;">As needed gum / lozenge*: 4 – 8 pieces per day /4 mg</p> <p>OR:</p> <p style="text-align: center;">Gum / Lozenge*: 12 – 16 4-mg pieces per day x 8 weeks (not to exceed 24/20 pieces per day)</p>	
5 or more tins/week	<p style="text-align: center;">Patch: 21 mg plus 4-mg gum or lozenge*: 1 per waking hour</p> <p>OR:</p> <p style="text-align: center;">Gum/Lozenge*: 16 – 20 / 4-mg gum or lozenge per day for 8 weeks (not to exceed 24/20 pieces per day)</p>	

* for Lozenge enter First Tobacco Use to indicate within 30 minutes of waking