



# WHAT IS COMBINATION NICOTINE REPLACEMENT THERAPY (NRT)?



Combination NRT is the use of a nicotine patch, to provide nicotine for all day craving control, along with a fast-acting flexible format for fast craving relief.



A patch to provide continuous nicotine throughout the day

Nicorette® also offers fast-acting flexible formats to relieve cravings whenever they strike

## What is the benefit of combination NRT?

- Combination NRT has been shown to be more effective than the use of a single NRT product – smokers are 25% more likely to quit smoking using combination therapy versus single NRT.
  - RR: 1.25, 95% CI: 1.15–1.36; anticipated absolute effects: quit rates with monotherapy 139 per 1000, quit rates with combination NRT 174 per 1000.<sup>1</sup>
- Combination NRT for smokers who want to quit is recognised by NICE and the National Centre for Smoking Cessation and Training as a way to quit.<sup>2,3</sup>

## Things to ask individuals looking to quit/try combination treatment:

- Are you a heavy smoker?
- Have you failed to quit in the past using a single NRT product?

## How to explain combination therapy to a patient:

- Using a combination of NRT involves using a patch to provide a background level of nicotine throughout the day. You also use another NRT product from the Nicorette® range, that works more quickly than the patch, for extra support if you feel a cigarette craving coming on.

### References:

1. Lindson N et al. Cochrane Database Syst Rev 2019;4:CD013308.
2. NCSCCT Combination NRT. [https://www.ncsct.co.uk/publication\\_combination\\_nrt\\_briefing.php](https://www.ncsct.co.uk/publication_combination_nrt_briefing.php) Last accessed July 2022.
3. NICE guideline [NG209] published Nov 21. <https://www.nice.org.uk/guidance/ng209> Last accessed July 2022.
4. NHS. Quit Smoking. <https://www.nhs.uk/better-health/quit-smoking/> Last accessed July 2022.

## Benefits of quitting smoking to share with your patients:

These are just a few of the many health benefits you could experience when you quit smoking:



### 72 hours after quitting

Your breathing may become easier and your energy levels could increase<sup>4</sup>



### 2–12 weeks after quitting

Your blood circulation could improve, which can help to make your day-to-day physical activities easier<sup>4</sup>



### 10 years after quitting

Risk of lung cancer falls to around half that of a smoker<sup>4</sup>



# PRESCRIBING INFORMATION



**Adverse events should be reported. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)**  
**Adverse events should also be reported to McNeil Products Limited on 01344 864 042.**

### Nicorette Invisi Patch (Nicotine) Prescribing Information. See SmPC for full information.

**Presentation:** Transdermal delivery system available in 3 sizes (22.5, 13.5 and 9cm<sup>2</sup>) releasing 25mg, 15mg and 10mg of nicotine respectively over 16 hours. **Uses:** Nicorette Invisi Patch relieves and/or prevents craving and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. Nicorette Invisi Patch is indicated in pregnant and lactating women making a quit attempt. If possible, Nicorette Invisi Patch should be used in conjunction with a behavioural support programme. **Dosage:** It is intended that the patch is worn through the waking hours (approximately 16 hours) being applied on waking and removed at bedtime. **Smoking Cessation: Adults (over 18 years of age):** For best results, most smokers are recommended to start on 25 mg / 16 hours patch (Step 1) and use one patch daily for 8 weeks. Gradual weaning from the patch should then be initiated. One 15 mg/16 hours patch (Step 2) should be used daily for 2 weeks followed by one 10 mg/16 hours patch (Step 3) daily for 2 weeks. Lighter smokers (i.e. those who smoke less than 10 cigarettes per day) are recommended to start at Step 2 (15 mg) for 8 weeks and decrease the dose to 10 mg for the final 4 weeks. Those who experience excessive side effects with the 25 mg patch (Step 1), which do not resolve within a few days, should change to a 15 mg patch (Step 2). This should be continued for the remainder of the 8week course, before stepping down to the 10 mg patch (Step 3) for 4 weeks. If symptoms persist the advice of a healthcare professional should be sought. **Adolescents (12 to 18 years):** Dose and method of use are as for adults however; recommended treatment duration is 12 weeks. If longer treatment is required, advice from a healthcare professional should be sought. **Smoking Reduction/Pre-Quit:** Smokers are recommended to use the patch to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. Starting dose should follow the smoking cessation instructions above i.e. 25mg (Step 1) is suitable for those who smoke 10 or more cigarettes per day and for lighter smokers are recommended to start at Step 2 (15 mg). Smokers starting on 25mg patch should transfer to 15mg patch as soon as cigarette consumption reduces to less than 10 cigarettes per day. A quit attempt should be made as soon as the smoker feels ready. When making a quit attempt, smokers who have reduced to less than 10 cigarettes per day are recommended to continue at Step 2 (15 mg) for 8 weeks and decrease the dose to 10 mg (Step 3) for the final 4 weeks. **Temporary Abstinence:** Use a Nicorette Invisi Patch in those situations when you can't or do not want to smoke for prolonged periods (greater than 16 hours). For shorter periods then an alternative intermittent dose form would be more suitable (e.g. Nicorette Inhalator or gum). Smokers of 10 or more cigarettes per day are recommended to use 25mg patch and lighter smokers are recommended to use 15mg patch. **Contraindications:** Children under 12 years of age. Known hypersensitivity to nicotine or any component in the patch. **Precautions:** Underlying cardiovascular disease, diabetes mellitus, renal or hepatic impairment, seizures, pheochromocytoma or uncontrolled hyperthyroidism, generalized dermatological disorders, gastrointestinal disease, Angioedema and urticaria have been reported. Erythema may occur. If severe or persistent, discontinue treatment. Stopping smoking may alter the metabolism of certain drugs. Transferred dependence is rare and both less harmful and easier to break than smoking dependence. May enhance the haemodynamic effects of, and pain response to, adrenaline. Keep out of reach and sight of children and dispose of with care. Should be removed prior to undergoing MRI procedures. **Pregnancy and lactation:** Smoking cessation during pregnancy should be achieved without NRT. However, for women unable to quit on their own, NRT may be recommended to assist a quit attempt after consulting a healthcare professional. **Side effects:** *Very common:* pruritus. *Common:* headache, dizziness, nausea, rash, urticaria, vomiting. *Uncommon:* hypersensitivity, palpitations, paraesthesia, tachycardia, flushing, hypertension, hyperhidrosis, myalgia, application site reactions, asthma, chest discomfort and pain, malaise, fatigue, dyspnoea. *Rare:* Anaphylactic reaction, GI discomfort, angioedema, erythema, pain in extremity. *Very rare:* reversible atrial fibrillation. *Not known:* seizures. **NHS Cost:** 25mg packs of 7: £11.43, 25mg packs of 14: £18.72, 15mg packs of 7: £11.43, 10mg packs of 7: £11.43. **Legal category:** GSL. **PL holder:** McNeil Products Ltd. 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. **PL numbers:** 15513/0161; 15513/0163; 15513/0159. **Date of preparation:** 19 Aug 21

### Nicorette QuickMist 1mg/spray mouthspray (nicotine), Nicorette QuickMist Cool Berry 1mg/spray mouthspray (nicotine) & Nicorette Quickmist SmartTrack 1mg/spray mouthspray (nicotine) Prescribing Information. See SmPC for full information.

**Presentation:** Oromucosal spray. Each 0.37 ml contains 1mg nicotine, corresponding to 1mg nicotine/spray dose. **Uses:** Relieves and/or prevents craving and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. It is indicated in pregnant and lactating women making a quit attempt. **Dosage: Adults and Children over 12 years of age:** The patient should make every effort to stop smoking completely during treatment with Nicorette QuickMist. One or two sprays to be used when cigarette cravings normally would have been smoked or if cravings emerge. If after the first spray cravings are not controlled within a few minutes, a second spray should be used. If 2 sprays are required, future doses may be delivered as 2 consecutive sprays. Most smokers will require 1-2 sprays every 30 minutes to 1 hour. Up to 4 sprays per hour may be used; not exceeding 2 sprays per dosing episode and 64 sprays in any 24-hour period. Nicorette QuickMist should be used whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the Nicorette QuickMist and as soon as they are able, reduce the number of sprays used until they have stopped completely. When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. Smokers aiming to reduce cigarettes should use the mouthspray, as needed, between smoking episodes to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. **Contraindications:** Children under 12 years of age. Known hypersensitivity to nicotine or any excipients in the mouthspray. **Precautions:** Underlying cardiovascular disease, diabetes mellitus, GI disease, uncontrolled hyperthyroidism, pheochromocytoma, hepatic or renal impairment, seizures. Stopping smoking may alter the metabolism of certain drugs. Transferred dependence is rare and both less harmful and easier to break than smoking dependence. May enhance the haemodynamic effects of, and pain response to, adrenaline. Due to the presence of a small amount of butylated hydroxytoluene (BHT), this medicine may cause local skin reactions (e.g. contact dermatitis), or irritation to the eyes and mucous membranes. Keep out of reach and sight of children and dispose of with care. Care should be taken not to spray the eyes whilst administering the spray. **Pregnancy & lactation:** Smoking cessation during pregnancy should be achieved without NRT. However, if the mother cannot (or is considered unlikely) to quit without pharmacological support, NRT may be used only after consulting a healthcare professional. **Side effects:** *Very common:* Headache, throat irritation, nausea, hiccups. *Common:* flatulence, cough, hypersensitivity, burning sensation, dizziness, dyspnoea, paraesthesia, abdominal pain, diarrhoea, dry mouth, flatulence, salivary hypersecretion, stomatitis, vomiting, dyspepsia, fatigue. *Uncommon:* Abnormal dreams, palpitations, tachycardia, flushing, hypertension, bronchospasm, dysphonia, dyspnoea, sneezing, throat tightness, eruption, glossitis, oral mucosal blistering and exfoliation, paraesthesia oral, dry skin, urticaria, angioedema, hyperhidrosis, pruritus, rash, erythema, pain in jaw, asthma, chest discomfort and pain, malaise, oropharyngeal pain, rhinorrhoea, gingivitis, musculoskeletal pain, hyperhidrosis. *Rare:* Dysphagia, hypoaesthesia oral, retching. *Not known:* Atrial fibrillation, anaphylactic reaction, blurred vision, lacrimation increased, dry throat, GI discomfort, lip pain, muscle tightness, angioedema, erythema, seizures. **NHS Price:** Nicorette QuickMist 1mg/spray mouthspray: 1 dispenser pack £14.24, 2 dispenser pack £22.53. Nicorette QuickMist Cool Berry 1mg/spray mouthspray: 1 dispenser pack £14.30, 2 pack dispenser £23.12. **Legal category:** GSL. **PL holder:** McNeil Products Ltd. 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. **PL number:** Nicorette QuickMist 1mg/spray mouthspray: 15513/0357, Nicorette QuickMist Cool Berry 1mg/spray mouthspray: 15513/0395. Nicorette Quickmist SmartTrack 1mg/spray mouthspray: 15513/0357. **Date of preparation:** 13 June 22

### Nicorette Gum (Nicotine) Prescribing Information. See SmPC for full information.

**Presentation:** Nicorette 2mg gum and Nicorette 4mg gum contain 2mg and 4mg of nicotine respectively, in a chewing gum base. Original, Icy White, Fruition and Freshmint flavours. **Uses:** Relieves and/or prevents craving and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. It is indicated in pregnant and lactating women making a quit attempt. **Dosage: Adults and Children over 12 years of age:** The strength of gum to be used will depend on the smoking habits of the individual. In general, if the patient smokes 20 or less cigarettes a day, the 2mg nicotine gum is indicated. If the patient smokes more than 20 cigarettes a day, the 4mg gum will be needed to meet the withdrawal of the high serum nicotine levels from heavy smoking. Nicorette gum should be used whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the gum and as soon as they are able, reduce the number of gums used until they have stopped completely. Smokers aiming to reduce cigarettes should use Nicorette gum, as needed, between smoking episodes to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. As soon as they are ready smokers should aim to quit smoking completely. Maximum daily dose: 15 pieces per day. When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. Those who have quit smoking, but are having difficulty discontinuing Nicorette gum are recommended to contact their pharmacist or doctor for advice. For those using the 4 mg gum, switching to the 2 mg gum may be helpful when stopping treatment or reducing the number of gums used each day. The chewing gums should be used whenever there is an urge to smoke from the "chew and rest" technique described on the pack. After about 30 minutes of such use, the gum will be exhausted. **Contraindications:** Children under 12 years of age. Hypersensitivity to nicotine or any of the excipients in the gum. Fructose intolerance (only applies to the original gum). **Precautions:** Underlying cardiovascular disease, diabetes mellitus, GI disease, hepatic or renal impairment, seizures, uncontrolled hyperthyroidism, pheochromocytoma, keep out of reach and sight of children. Smokers who wear dentures may experience difficulty in chewing. The gum may stick to, and may in rare cases damage dentures. Stopping smoking may alter the metabolism of certain drugs. Transferred dependence is rare and both less harmful and easier to break than smoking dependence. May enhance the haemodynamic effects of, and pain response to, adrenaline. Smoking cessation should be achieved without NRT. However, if the mother is unable to quit without pharmacological support, NRT may be recommended to assist a quit attempt only after consulting with a healthcare professional. **Side effects:** Due to the presence of a small amount of butylated hydroxytoluene (BHT), this medicine may cause local skin reactions (e.g. contact dermatitis), or irritation to the eyes and mucous membranes. *Very common:* headache, sore mouth or throat, throat irritation, nausea, hiccups. *Common:* hypersensitivity, cough, burning sensation, dizziness, dyspnoea, paraesthesia, abdominal pain, diarrhoea, dry mouth, flatulence, salivary hypersecretion, stomatitis, vomiting, dyspepsia, fatigue. *Uncommon:* abnormal dreams, palpitations, tachycardia, flushing, hypertension, bronchospasm, dysphonia, dyspnoea, nasal congestion, sneezing, throat tightness, eruption, glossitis, oral mucosal blistering and exfoliation, paraesthesia oral, urticaria, hyperhidrosis, pruritus, rash, pain in jaw, asthma, chest discomfort and pain, malaise. *Rare:* dysphagia, hypoaesthesia oral, retching, allergic reactions including angioedema. *Very rare:* reversible atrial fibrillation. *Not known:* anaphylactic reaction, seizures, blurred vision, lacrimation increased, dry throat, gastrointestinal discomfort, lip pain, erythema, muscle tightness. **NHS Cost:** Original: 2mg gum (105) £10.86 (210) £17.86, 4mg gum (105) £13.28, (210) £22.07. Icy White: 2mg gum (15) £2.20, (30) £4.40, (105) £10.85, (210) £17.85, 4mg gum (105) £13.27, Fruition: 2mg gum (30) £4.40, (105) £13.28, 4mg gum (105) £13.29, Freshmint: 2mg gum (30) £4.40, (105) £10.86, (210) £17.86, 4mg gum (30) £4.40, (105) £13.28, (210) £22.07. **Legal category:** GSL. **PL holder:** McNeil Products Ltd. 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. **PL Number(s):** Original 2mg 15513/0159, 4mg 15513/0170, Icy White 2mg 15513/0152, 4mg 15513/0153, Fruition 2mg 15513/0155, 4mg 15513/0137, Freshmint 2mg 15513/0173, 4mg 15513/0174. **Date of prep:** 19 Aug 21

### Nicorette Inhalator (nicotine) Prescribing Information. See SmPC for full information.

**Presentation:** Inhalation cartridge containing 15mg nicotine for oromucosal use via a mouthpiece. **Uses:** Relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. It is indicated in pregnant and lactating women making a quit attempt. **Dosage: Adults and Children over 12 years of age:** Nicorette Inhalator should be used whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the Inhalator and as soon as they are able, reduce the number of cartridges used until they have stopped completely. Smokers aiming to reduce cigarettes should use the Inhalator, as needed, between smoking episodes to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. As soon as they are ready smokers should aim to quit smoking completely. Maximum of 6 cartridges per day should be used. When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. Those who have quit smoking, but are having difficulty discontinuing their Inhalator are recommended to contact their pharmacist or doctor for advice. **Contraindications:** Children under the age of 12 years. Known hypersensitivity to nicotine or any component in the inhalator. **Precautions:** Underlying cardiovascular disease, diabetes mellitus, GI disease, uncontrolled hyperthyroidism, pheochromocytoma, hepatic or renal impairment, seizures, chronic throat disease, obstructive lung disease or bronchospastic disease. Susceptibility to angioedema and urticaria. Stopping smoking may alter the metabolism of certain drugs. Transferred dependence is rare and both less harmful and easier to break than smoking dependence. May enhance the haemodynamic effects of, and pain response to, adrenaline. Keep out of reach and sight of children and dispose of with care. **Pregnancy & lactation:** Smoking cessation should be achieved without NRT. However, for women unable to quit without pharmacological support, NRT may be recommended to assist a quit attempt only after consulting with a healthcare professional. **Side effects:** *Very common:* headache, throat irritation, nausea, hiccups, stomatitis. *Common:* hypersensitivity, cough, burning sensation, dizziness, dyspnoea, paraesthesia, abdominal pain, diarrhoea, dry mouth, flatulence, salivary hypersecretion, vomiting, dyspepsia, fatigue, nasal congestion. *Uncommon:* abnormal dreams, palpitations, tachycardia, flushing, hypertension, bronchospasm, dysphonia, dyspnoea, sneezing, throat tightness, eruption, glossitis, oral mucosal blistering and exfoliation, paraesthesia oral, urticaria, hyperhidrosis, pruritus, rash, pain in jaw, asthma, chest discomfort and pain, malaise, chest discomfort and pain. *Rare:* dysphagia, hypoaesthesia oral, retching. *Very rare:* reversible atrial fibrillation. *Not known:* anaphylactic reaction, seizures, angioedema, blurred vision, lacrimation increased, dry throat, lip pain, muscle tightness, erythema, gastrointestinal discomfort. **NHS Cost:** 4-cartridge pack: £6.11, 20-cartridge pack: £21.17, 30-cartridge pack: £33.30. **Legal category:** GSL. **PL holder:** McNeil Products Ltd. 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. **PL number:** 15513/0358. **Date of preparation:** 19 Aug 21