

OFFERING VERY BRIEF ADVICE *ON QUITTING SMOKING*

Very brief advice (VBA) allows you to offer practical advice about stopping smoking in **30 seconds or less**. It can be used in any consultation and allows you quickly to update patient records

ASK

Ask and record your patient's smoking status



ADVISE

Advise that a combination of support and treatment is an effective method to help quit smoking¹



ACT

Offer your patient the support and treatment they need

Combine nicotine replacement therapy (NRT) formats:

by prescribing a nicotine patch alongside a fast-acting NRT format, e.g. a mouthspray, you can increase the likelihood of a successful quit attempt compared to a single NRT product²

If you have a local stop smoking service, refer your patient or suggest that they make an appointment

If you do not have a local stop smoking service, ask your patient to come back for a consultation where you can discuss quitting smoking in more detail

UP TO
3X

Smokers are up to three times more likely to quit when offered **specialist support** compared to willpower alone^{*3,4}



Information and training on VBA is available on the National Centre for Smoking Cessation and training (NCSCT) website.

References:

1. NCSCT. Local stop smoking services. Service and delivery guidance 2014. Available at: https://www.ncsct.co.uk/usr/pub/LSSS_service_delivery_guidance.pdf. Accessed: March 2020;
2. National Institute for Health and Care Excellence (NICE). Tobacco: preventing uptake, promoting quitting and treating dependence (NG209). Available at: <https://www.nice.org.uk/guidance/ng209> (Accessed December 2022);
3. Bauld L et al. Int J Environ Res Public Health 2016;13(12):1175;
4. West R, Papadakis S. (2019) Stop smoking services: increased chances of quitting. London; NCSCT.

Prescribing information

Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk>
Adverse events should also be reported to McNeil Products Limited on 0808 238 9999.

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

Presentation: Transdermal delivery system available in 3 sizes (22.5, 13.5 and 9cm²) 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 less harmful and easier to break than smoking dependence. May enhance the haemodynamic effects of, and pain response, to adenosine. 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, asthenia, 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; 15513/0160; 15513/0159

Date of preparation: 19 Aug 21

Prescribing information

Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk>
Adverse events should also be reported to McNeil Products Limited on 0808 238 9999.

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 0.07 ml contains 1mg nicotine, corresponding to 1mg nicotine/spray dose.

Uses: Nicorette QuickMist relieves and/or prevents cravings and nicotine withdrawal symptoms in nicotine dependence, such as those arising from the use of tobacco or electronic cigarettes. Indicated to aid quitting or reduction prior to quitting, to assist those who are unwilling or unable to use such products, and as a safer alternative to smoking tobacco 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 or vaping completely during treatment with Nicorette QuickMist. One or two sprays used when normally would smoke or vape or if cravings emerge. Maximum dose of 4 sprays per hour, 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 or vape is felt or to prevent cravings in situations where these are likely to occur. Patients able to stop smoking/vaping immediately should initially replace all their cigarettes/e-cigarettes with the Nicorette QuickMist and as soon as they are able, reduce the number of sprays used until they have stopped completely. Patients aiming to reduce cigarettes/e-cigarettes should use the Mouthspray between smoking/vaping episodes, as needed, to prolong smoke/vape-free intervals and to reduce their use as much as possible. As soon as they are ready patients should aim to quit smoking/vaping completely.

Contraindications: Children under 12 years of age. Known hypersensitivity to nicotine or any excipients in the mouthspray.

Precautions: Smokers: Underlying cardiovascular disease. Stopping smoking may alter the metabolism of certain drugs. Transferred dependence is rare and both less harmful and easier to break than smoking dependence. **Smokers or vapers:** Diabetes mellitus, G.I disease, uncontrolled hyperthyroidism, phaeochromocytoma, hepatic or renal impairment, seizures. May enhance the haemodynamic effects of, and pain response to, adenosine. Presence of a small amount of butylated hydroxytoluene (BHT) 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. Dispose of with care. Do not spray into 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. There is no or limited data regarding the effect of vaping in pregnancy.

Side effects: Very common: Headache, throat irritation, nausea, hiccups. Common: Toothache, cough, hypersensitivity, burning sensation, dizziness, dysgeusia, 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, eructation, glossitis, oral mucosal blistering and exfoliation, paraesthesia oral, dry skin, urticaria, angioedema, hyperhidrosis, pruritus, rash, erythema, pain in jaw, asthenia, 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 £14.97, 2 dispenser pack £23.29, Nicorette QuickMist Cool Berry 1mg/spray mouthspray: 1 dispenser pack £14.97, 2 dispenser pack £23.29, Nicorette Quickmist SmartTrack 1mg/spray mouthspray: 1 pack dispenser £15.05, 2 pack dispenser £23.92

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: 18 Nov 2022