

HOW DO YOU EMPOWER YOUR PATIENTS TO QUIT FOR GOOD?



Combination NRT is more effective in helping smokers to quit, compared with single NRT¹

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.



NICORETTE® INVISIPATCH

Pack size:

7 or 14 patches (14 patches pack size only in 25mg)

How to use:

1 patch daily

Dose:

25mg, 15mg, 10mg

Scan here to learn more



NICORETTE® QUICKMIST MOUTH SPRAY

OR

For smokers who need fast-acting relief from cravings

freshmint
cool berry

Pack size:
1 or 2 dispensers

How to use:
1–2 sprays every 30 minutes to 1 hour. Maximum 64 sprays daily

Dose:
1mg/spray

NICORETTE® QUICKMIST SMARTTRACK™

OR

The first stop smoking NRT spray that uses near field communication to connect to a behavioural support app

freshmint

Pack size:
1 or 2 dispensers

How to use:
1–2 sprays every 30 minutes to 1 hour. Maximum 64 sprays daily

Dose:
1mg/spray

NICORETTE® INHALATOR

OR

For those who are likely to miss the hand-to-mouth habit of smoking

mint

Pack size:
4, 20 or 36 cartridges

How to use:
Each cartridge lasts 40 minutes cumulatively. Maximum 6 daily

Dose:
15mg per cartridge

NICORETTE® GUM

OR

For smokers who like chewing gum to control cravings

original fruitfusion
icy white freshmint

Pack size:
varies by flavour

How to use:
As required, up to a maximum 15 pieces daily

Dose:
2mg, 4mg

NICORETTE® COOLS LOZENGE

OR

For smokers who want flexible but discreet control of cravings

cools
fruit

Pack size:
20 or 80 lozenges

How to use:
As required, up to a maximum 15 lozenges daily

Dose:
2mg, 4mg

NICORETTE® MICROTAB

OR

For smokers who want flexible but discreet control of cravings whenever or wherever needed

Pack size:
100 microtabs

How to use:
1-2 microtabs hourly. Maximum 40 daily

Dose:
2mg

NICORETTE® NASAL SPRAY

OR

For rapid uptake of nicotine for fast relief of cravings

Pack size:
1 nasal spray

How to use:
1–2 sprays per nostril per hour. Maximum 64 sprays daily

Dose:
0.5mg per spray

NRT: Nicotine Replacement Therapy
Prescribing information and adverse event reporting information can be found on the reverse

UK-NI-2200928
Date of preparation: May 2023

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 0800 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, 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 number: 15513/0161; 15513/0160; 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 0.07 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 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 spray 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, pheochromocytoma, 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, erection, 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 £14.97, 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

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, Fruitfusion 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 with the withdrawal of the nicotine. 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 according to 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, G.I 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 adenosine. **Pregnancy and Lactation:** 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, 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, erection, 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) £11.89, (210) £19.34, 4mg gum (105) £14.55, (210) £23.93; Icy White: 2mg gum (105) £2.20, (30) £4.80, (105) £11.89, (210) £19.34, 4mg gum (105) £14.55, (210) £23.93. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG PL Number(s): Original 2mg 15513/0169, 4mg 15513/0170; Icy White 2mg 15513/0152, 4mg 15513/0153; Fruitfusion 2mg 15513/0136, 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, G.I 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, adenosine. 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, dysgeusia, 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, erection, 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: £6.43, 20-cartridge pack: £22.64, 36-cartridge pack: £35.66 **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

Nicorette Microtab 2mg Sublingual Tablet (nicotine B-cyclodextrin)

Prescribing Information. See SmPC for full information. Presentation: Microtab for sublingual use consisting of nicotine B-cyclodextrin complex 174 mg, equivalent to 2 mg nicotine. **Uses:** Relief of nicotine withdrawal symptoms as an aid to smoking cessation. It is used to help smokers ready to stop smoking immediately and also smokers who need to cut down their cigarette use before stopping. It is also indicated in pregnant and lactating women. **Dosage:** Adults (over 18 years): The tablet is used sublingually with a recommended dose of one tablet per hour or, for heavy smokers (more than 20 cigarettes per day), two tablets per hour. Most smokers require 8-12 or 16-24 tablets per day, not to exceed 40 tablets. **Smoking cessation:** Patients should stop smoking during treatment. Duration of treatment is individual but up to 3 months of treatment is recommended. The nicotine dose should then be gradually reduced by decreasing the total number of tablets used per day. Treatment should be stopped when daily consumption is down to one or two tablets. Those who use NRT beyond 9 months should consult a healthcare professional. **Smoking reduction:** Use the microtab between smoking episodes to reduce smoking. A quit attempt should be made as soon as the smoker feels ready but no later than 6 months. Professional advice should be sought if no reduction in 6 weeks or no quit attempt in 9 months. **Adolescents (12 to 18 years):** No more than 40 tablets should be used each day. **Smoking cessation:** As adult dosage, but treatment should be used for up to 8 weeks before gradually reducing over 4 weeks. Treatment should be stopped when daily consumption is down to one or two tablets. If further treatment is required, consult a healthcare professional. **Smoking reduction:** Only after consulting a healthcare professional. **Contraindications:** Children under the age of 12 years. Hypersensitivity to nicotine or any component in the sublingual tablet. **Precautions:** Underlying cardiovascular disease, diabetes mellitus, G.I disease, renal or hepatic impairment, seizures, pheochromocytoma, uncontrolled hyperthyroidism. 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. **Pregnancy & lactation:** Smoking cessation during pregnancy 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, hiccups, nausea, stomatitis. **Common:** rhinitis, cough, hypersensitivity, burning sensation, dizziness, dysgeusia, paraesthesia, palpitations, sore mouth and throat, abdominal pain, diarrhoea, dry mouth, dyspepsia, flatulence, salivary hypersecretion, stomatitis, vomiting, fatigue. **Uncommon:** abnormal dreams, tachycardia, flushing, hypertension, bronchospasm, dysphonia, dyspnea, nasal congestion, sneezing, throat tightness, erection, glossitis, oral mucosal blistering and exfoliation, paraesthesia oral, pain in jaw, hyperhidrosis, pruritus, rash, urticaria, 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, muscle tightness, erythema. **NHS price:** 100 pack: £19.14 **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG PL number: 15513/0178 **Date of prep:** 19 Aug 21

Nicorette Nasal Spray (nicotine) Prescribing Information. See SmPC for full information.

Presentation: A metered spray bottle containing 10ml of a 10mg/ml solution of nicotine for intranasal use. Each 50 microlitres delivers 0.5mg nicotine. **Uses:** Relief of nicotine withdrawal symptoms as an aid to smoking cessation. It is also indicated in pregnant and lactating women. **Dosage:** The patient should make every effort to stop smoking completely during treatment with Nicorette Nasal Spray. **Adults (over 18 years):** The frequency of use depends on the previous smoking habit of the individual and the level of their nicotine dependence. On commencing treatment, the patient uses the spray to treat craving as required, subject to a limit of one spray to each nostril twice an hour. The daily limit of use is 32mg of nicotine (64 sprays) which is the equivalent of two sprays to each nostril every hour for 16 hours. Use should be restricted to 3 months. For the first 8 weeks as required to a maximum of one spray into each nostril twice an hour for 16 hours per day. For the subsequent 2 weeks, reduce usage by half. Final 2 weeks, reduce usage to zero. Adults who use NRT beyond 9 months should seek advice from a healthcare professional. **Adolescents (12 to 18 years):** As adult dosage, but therapy should not exceed 12 weeks without consulting a healthcare professional. **Contraindications:** Children under 12 years of age and hypersensitivity to any of the ingredients. **Precautions:** Unstable cardiovascular disease, diabetes mellitus, G.I disease, renal or hepatic impairment, seizures, pheochromocytoma, uncontrolled hyperthyroidism, bronchial asthma. Stopping smoking may alter the metabolism of certain drugs. Should be used whilst driving or operating heavy machinery. 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. May cause delayed allergic reactions. Care should be taken not to spray the eyes whilst administering the spray. **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:** Rhinorrhoea. **Common:** Headache, dizziness, paraesthesia, palpitations, cough, throat irritation, dyspnoea, epistaxis, nausea, vomiting, hyperhidrosis, pruritus, rash, chest discomfort and pain. **Uncommon:** hypersensitivity, abnormal dreams, flushing, hypertension, fatigue, malaise. **Very rare:** reverse atrial fibrillation. **Not known:** anaphylactic reaction, seizures, lacrimation increased, tachycardia, nasal discomfort, oropharyngeal discomfort and pain, sneezing, GI discomfort, angioedema, erythema, urticaria, asthma. **NHS Cost:** £21.05 **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG PL number: 15513/0160 **Date of preparation:** 07 Feb 23

Nicorette Cools 2mg Lozenge (Nicotine), Nicorette Cools 4mg Lozenge (Nicotine), Nicorette Fruit 2mg Lozenge (Nicotine) Prescribing Information. See SmPC for full information.

Presentation: Nicorette Cools 2mg Lozenge, Nicorette Fruit 2mg Lozenge, Nicorette Cools 4mg Lozenge contain 2 mg and 4 mg nicotine respectively (as nicotine resinates). **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 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 strength of lozenge to be used will depend on the smoking habits of the individual. If the patient smokes 20 or fewer cigarettes a day, 2 mg nicotine lozenge is indicated. If more than 20 cigarettes per day are smoked, 4 mg nicotine lozenge should be used. Nicorette Lozenges 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 lozenge and as soon as they are able, reduce the number of lozenges used until they have stopped completely. Smokers aiming to reduce cigarettes should take the lozenge, 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. Most smokers require 8 to 12 lozenges per day, not to exceed 15 lozenges. 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 with the lozenge are recommended to contact their pharmacist or doctor for advice. **Contraindications:** Children under the age of 12 years. Known Hypersensitivity to nicotine or any excipients in the lozenge preparation. Underlying cardiovascular disease, diabetes mellitus, hepatic or renal impairment, seizures, uncontrolled hyperthyroidism, pheochromocytoma, G.I disease, keep out of reach and sight of children. Stopping smoking may alter the metabolism of certain drugs. Lozenges can represent a choking hazard, therefore keep out of the reach of children. Use with caution in individuals with aspiration and swallowing problems. 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, adenosine. Tutti Frutti Flavour contains traces of sulphites which may rarely cause severe hypersensitivity reactions and bronchospasm. Dispose of with care. **Pregnancy & lactation:** 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: Very common:** Headache, sore mouth or throat, throat irritation, nausea, hiccups. **Common:** Hypersensitivity, cough, 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, erection, 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, lip pain, muscle tightness, erythema, GI discomfort. **NHS Price:** Nicorette Cools 2mg Lozenge: 200 pack £3.34, 80 (4x20) pack £12.05. Nicorette Fruit 2mg Lozenge: 80 (4x20) pack £12.05. Nicorette Cools 4mg Lozenge: 80 (4x20) pack £12.17 **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG PL number: Nicorette Cools 2mg Lozenge:15513/0374, Nicorette Fruit 2mg Lozenge: 15513/0393, Nicorette Cools 4mg Lozenge: 15513/0375 **Date of preparation:** 20 Apr 23