

Nicotine Replacement Therapy Discharge Planning Orders

Last Name	
First Name	
PHN#	MRN#
Birthdate (dd-Mon-yyyy)	Physician

Select orders by replacing a (✓) in the associated box

For more information, see Clinical Knowledge Topic **Tobacco Reduction, Adult - Inpatient**

Patient Self Monitoring

- Provider to advise patient to watch for signs of nicotine toxicity, including headache, increased heart rate, dizziness, confusion, agitation restlessness, lethargy. Ensure patient aware of signs of nicotine toxicity.
- Patient to contact their physician or pharmacist if signs of nicotine toxicity not resolved by decreasing NRT dosing

Medications

Pharmacotherapy, when used in combination, increases chances of successful long-term cessation. Interventions for smoking cessation should be initiated during hospitalization as they may be more effective than those initiated afterward. Smoking tobacco can alter the metabolism of a number of medications, including caffeine. This is primarily due to substances in tobacco smoke.

Nicotine Replacement Therapy - Initial Dose *Patient may administer*

Nicotine patch Choose one	→	<p><i>Less than 10 cigarettes per day (Not effective for smokeless tobacco users)</i></p> <p><input type="checkbox"/> nicotine patch 7 mg TOPICALLY daily X _____ days</p> <p><i>10 -19 cigarettes per day or less than 3 tins per week</i></p> <p><input type="checkbox"/> nicotine patch 14 mg TOPICALLY daily X _____ days</p> <p><i>Greater than 19 cigarettes per day or 3 - 5 tins per week</i></p> <p><input type="checkbox"/> nicotine patch 21 mg TOPICALLY daily X _____ days</p> <p><i>Greater than 25 cigarettes per day or 5 tins per week (recommended pharmacy consult)</i></p> <p><input type="checkbox"/> nicotine patch _____ mg TOPICALLY daily X _____ days</p>
AND		
Short-acting therapy Choose one	→	<p><input type="checkbox"/> nicotine gum _____ mg PO every 1 hour PRN <i>(recommended dose 2 mg or 4 mg)</i></p> <p><input type="checkbox"/> nicotine lozenge _____ mg PO every 1 hour PRN <i>(recommended dose 2 mg or 4 mg)</i></p> <p><input type="checkbox"/> nicotine inhaler 1 cartridge (4 mg) INHALED every 1 - 2 Hrs. PRN</p> <p><input type="checkbox"/> nicotine mouth spray (1mg) TOPICALLY every 30 minutes PRN max 4 sprays per Hr.</p>

Nicotine Replacement Therapy - Titration *Patient may administer*

Titration once the initial dose of NRT is optimized:

- *Use initial dose for 6 weeks and reduce dose by 7 mg every 2 weeks thereafter.*
- *If strong cravings return when attempting downward titration instruct patient to remain at the higher dose for longer.*
- *Nicotine patch can be used for 10-12 weeks or longer if necessary.*
- *The short acting NRT being used in combination with the patch can be used for longer than 12 weeks as needed.*

Prescriber Signature	Date (dd-Mon-yyyy)	Time (hh:mm)
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Tobacco Cessation

Choose either *buPROPion* or *varenicline*. They are not currently endorsed to be used together

buPROPion and nicotine replacement therapy (NRT) can be used concurrently for the first week. NRT can then be either tapered or stopped. If strong cravings return continue NRT. Doses may need to be adjusted for renal/hepatic insufficiency.

buPROPion SR 150 mg PO daily X 3 days (*Initial dose*) Start Date (dd-Mon-yyyy) _____

AND THEN

buPROPion SR 150 mg PO BID (*Maintenance dose*)

OR

varenicline and nicotine replacement therapy (NRT) can be used concurrently for the first week. NRT can then be either tapered or stopped. Strongly consider adding PRN nicotine replacement therapy during the first week after starting *varenicline*. Doses may need to be adjusted in renal impairment

varenicline _____ 1.0 mg PO BID (*Maintenance dose*) Start Date (dd-Mon-yyyy) _____

OR

varenicline _____ 0.5 mg PO BID (*Maintenance dose*) Start Date (dd-Mon-yyyy) _____

Transitions and Referrals

Consult Pharmacy

AlbertaQuits Helpline Referral. <http://www.albertahealthservices.ca/frm-09973.pdf>

AlbertaQuits Helpline referral will contact within 3 business days. If no contact has been received call them directly.

The AlbertaQuits helpline operates daily and can be reached at the toll free number 1-866-710-QUIT (7848)

Prescriber Signature	Date (dd-Mon-yyyy)	Time (hh:mm)
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