

Interim Prescribing Update

Smoking Cessation

March 2017

Introduction

Following a national tendering process, a new national procurement contract for smoking cessation products has been agreed. This new contract started on 1st March (2017). Please note that this new contract only covers Nicotine Replacement Therapy, with varenicline currently remaining out with the scope of this contract.

As a result of this new national contract being implemented, we are required to change our prescribing patterns to maximise potential cost efficiency savings. This interim prescribing guidance should be followed with immediate effect.

It is anticipated that there will be a formally approved smoking cessation national guideline for all health boards in the near future. Until this is available this update will act as a temporary arrangement.

For more information please contact

trish.grierson@nhs.net or catherine.smith4@nhs.net

Nicotine Replacement Therapy Prescribing Recommendations from 1st March 2017

Preferred NRT product - Nicotinell

The Nicotinell range of products are the most cost effective and these should be suitable for the majority of patients.

- Nicotine 24hr Patch 7mg, 14mg and 21mg
- Nicotine Gum 2mg and 4mg
- Nicotine Lozenge 1mg and 2mg (*18yrs and over only*)

Second choice products – Nicorette

These should only be used when the Nicotinell range does not offer a suitable formulation for the clinical requirements of high risk patients (e.g. a 16hr patch is indicated) or the Nicotinell range does not include a second product that is felt appropriate for dual therapy.

- Nicotine Invisible patches – 16 hour patch 10mg, 15mg and 25mg
- Nicotine lozenge 2mg and 4mg
- Nicotine tablets 2mg
- Nicotine Inhalator 4 x 15mg
- Nicotine Nasal Sprays 500mcg
- Nicotine Mouth Spray 1mg

Third choice products - NiQuitin

NiQuitin products should only be used where first and second choice products are not suitable or the patient has been unable to tolerate these products e.g. allergic to 24hr patch adhesive.

- Nicotine lozenges minis 1.5mg and 4mg
- Nicotine patches 24 hour in 7mg, 14mg and 21mg

For further information regarding prescribing for high risk patients please refer to the full *NHS Dumfries and Galloway Prescribing Guidance in Smoking Cessation* available at

[http://www.dgprescribingmatters.co.uk/documents/Microsoft%20Word%20-%20Prescribing%20guidance%20v%2011\[1\].pdf](http://www.dgprescribingmatters.co.uk/documents/Microsoft%20Word%20-%20Prescribing%20guidance%20v%2011[1].pdf)

Alternatively email: - dgsmokingmatters@nhs.net