

Allergies: \_\_\_\_\_

\_\_\_\_\_

## Smoking Cessation Order Set

ACTION

### Baseline Nicotine Replacement

#### Cigarettes/day

- Less than 10 cigarettes/day
- 10 – 20 cigarettes/day
- Greater than 20 cigarettes/day
- Greater than 30 cigarettes/day
- Greater than 40 cigarettes/day

#### Baseline Nicotine Dose

- Apply nicotine patch 7 mg transdermal daily x 6 weeks
- Apply nicotine patch 14 mg transdermal daily x 6 weeks;  
**Then** as per tapering protocol (see below)
- Apply nicotine patch 21 mg transdermal daily x 6 weeks;  
**Then** as per tapering protocol (see below)
- Apply nicotine patch 28 mg transdermal daily x 6 weeks;  
**Then** as per tapering protocol (see below)
- Apply nicotine patch 42 mg transdermal daily x 6 weeks;  
**Then** as per tapering protocol (see below)

- Patch may be removed at bedtime if patient complains of insomnia
- MRP may choose a nicotine dose that differs from that based on daily cigarette consumption

#### Dose adjustment for too much nicotine

If patient experiences: nausea, vomiting, sweats, tremors, lightheadedness, confusion, racing heart, or weakness:

- Hold nicotine and notify MRP to have dose reassessed

#### Dose adjustment for not enough nicotine

If patient experiences withdrawal symptoms (craving to smoke, irritability, frustration, anger, headache, anxiety, difficulty concentrating or restlessness not accounted for by other condition):

- Notify MRP to reassess dose

**OR**

- Increase nicotine patch by 7 mg if withdrawal symptoms not controlled by 24 – 48 hours
- Notify MRP if Patient continues to smoke while wearing a patch

### PRN Nicotine Replacement

- May be used alone or in addition to baseline nicotine replacement
- Chew nicotine gum 2 mg q1 – 2h PRN for withdrawal symptoms (**maximum 20 pieces/day**)
- Do not use gum if patient has dentures, TMJ dysfunction, is unable to chew gum or is at increased risk for choking
- nicotine inhaler PRN (**maximum 12 cartridges/day**)

### Adjunctive Smoking Cessation Therapy

- buPROPion SR 150 mg PO once daily x 3 days  
**THEN** buPROPion SR 150 mg PO BID for 11 weeks then reassess

**OR**

- varenicline 0.5 mg PO daily x 3 days  
**THEN** varenicline 0.5 mg PO BID x 4 days  
**THEN** varenicline \_\_\_\_\_ mg (0.5 mg or 1 mg) PO BID x 11 weeks then reassess

M R K  
A E  
R Q

Practitioner Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Transcribed by: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

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Allergies: \_\_\_\_\_

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## Smoking Cessation Order Set

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### Education and Follow-Up (this page may be supplied directly to patient)

- Provide patient with instructions and any necessary prescriptions for continued NRT (nicotine replacement therapy) prior to discharge
  
- Provide community resource contact information:
 

<a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>	1-877-513-5333
<a href="http://www.simcoemuskokahealth.org">www.simcoemuskokahealth.org</a>	1-877-721-7520 or 705-721-7520
Breath of Air (AFHT)	705-787-0846
Tobacco Reduction/Smoking Cessation (CCFHT)	705-687-2271, 705-645-2223, 705-645-2281

#### Nicotine Replacement Tapering Protocol:

- |                                    |   |
|------------------------------------|---|
| 10 – 20 cigarettes per day         | After nicotine patch 14 mg transdermal daily x 6 weeks<br><b>THEN</b> nicotine patch 7 mg transdermal daily x 4 weeks   |
| Greater than 20 cigarettes per day | After nicotine patch 21 mg transdermal daily x 6 weeks<br><b>THEN</b> nicotine patch 14 mg transdermal daily x 2 weeks<br><b>THEN</b> nicotine patch 7 mg transdermal daily x 2 weeks   |
| Greater than 30 cigarettes per day | After nicotine patch 28 mg transdermal daily x 6 weeks<br><b>THEN</b> nicotine patch 21 mg transdermal daily x 4 weeks<br><b>THEN</b> nicotine patch 14 mg transdermal daily x 2 weeks<br><b>THEN</b> nicotine patch 7 mg transdermal daily x 2 weeks   |
| Greater than 40 cigarettes per day | After nicotine patch 42 mg transdermal daily x 6 weeks<br><b>THEN</b> nicotine patch 35 mg transdermal daily x 2 weeks<br><b>THEN</b> nicotine patch 28 mg transdermal daily x 2 weeks<br><b>THEN</b> nicotine patch 21 mg transdermal daily x 2 weeks<br><b>THEN</b> nicotine patch 14 mg transdermal daily x 2 weeks<br><b>THEN</b> nicotine patch 7 mg transdermal daily x 2 weeks |

M R K  
A E  
R Q

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