

Treatment of Tobacco Dependence

Nicotine replacement therapies (NRT)



Patch



Dosing: >10 cigarettes/d – 21 mg patch; <10 cigarettes/d – 14 mg patch; taper dose, use 2+ mo
Tips: Rotate application site; new patch daily
Potential side effects: Skin irritation, sleep problems, racing heart, dizziness

Gum



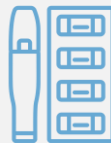
Dosing: Smoke >1 packs/d or within 30 min of waking – 4 mg; smoke >30 min after waking – 2 mg; 1 piece/h as needed, max 24 pieces/d, use 3+ mo
Tips: Do not eat or drink within 30 min prior to chewing gum; teach proper chewing technique
Potential side effects: Mouth irritation, GI upset, jaw soreness, dental damage, unpleasant taste

Lozenge



Dosing: Smoke >1 packs/d or within 30 min of waking – 4 mg; smoke >30 min after waking – 2 mg; 1-2 pieces/h as needed, max 20 lozenges/d or 5 lozenges/6 h, use 3-6 mo
Tips: Do not eat or drink within 30 min prior to using lozenge
Potential side effects: Mouth irritation, GI upset, hiccups, unpleasant taste

Inhaler



Dosing: 10 mg/cartridge (4 mg delivered), inhale as needed, max 16 cartridges/24 h, use up to 6 mo
Tips: Caution in patients with reactive airway disease
Potential side effects: Mouth and throat irritation
Prescription required

Nasal spray



Dosing: 0.5 mg/spray, 1 spray to each nostril every 1-2 h as needed, max 10 sprays/h or 80 sprays/d, use 3-6 mo
Tips: Discuss nasal irritation prior to starting treatment, fastest acting NRT
Potential side effects: Nasal and throat irritation, sneezing, cough, watery eyes
Prescription required

Rigotti, NA. Strategies to help a smoker who is struggling to quit. *JAMA*. 2012;308(15):1573-1580. doi:10.1001/jama.2012.13043

The American Cancer Society medical and editorial team. Nicotine Replacement Therapy to Help You Quit Tobacco. American Cancer Society. Updated August 2, 2021.
www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking/nicotine-replacement-therapy.html#written_by

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