

What is combination nicotine replacement therapy (NRT)?



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.



What is the benefit of combination NRT?

- Combination NRT has been shown to be more effective than the use of a single NRT product – smokers are 25% more likely to quit smoking using combination therapy versus single NRT.
- Combination NRT for smokers who want to quit is recognised by NICE and the National Centre for Smoking Cessation and Training as a way to quit.

Things to ask individuals looking to quit/try combination treatment:

- Are you a heavy smoker?
- Have you failed to quit in the past using a single NRT product?

How to explain combination therapy to a consumer:

- You can maximise your chances of quitting for good* by using the **patch for all day support** and a flexible NRT product like NICORETTE® QuickMist Mouthspray, NICORETTE® Gum, or NICORETTE® Lozenge for extra support when those intense cravings strike.

*vs patch alone.

Benefits of quitting smoking to share with your consumers:

These are just a few of the many health benefits you could experience when you quit smoking:



72 hours after quitting

Your breathing may become easier and your energy levels could increase



2–12 weeks after quitting

Your blood circulation could improve, which can help to make your day-to-day physical activities easier



10 years after quitting

Risk of lung cancer falls to around half that of a smoker

Product information



Nicorette Invisi Patch. Presentation: Transdermal patches releasing a nominal of 25mg, 15mg or 10mg of nicotine per 16 hours. **Uses:** Nicorette Invisi patch 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. **Legal category:** GSL. **PL holder:** McNeil Products Limited, 50-100 Holmers Farm way, High Wycombe, HP12 4EG. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=invisi+patch>

Nicorette QuickMist 1mg/spray mouthspray, Nicorette QuickMist Cool Berry 1mg/spray mouthspray & Nicorette QuickMist SmartTrack 1mg/spray mouthspray. Presentation: Each 0.07ml contains 1mg nicotine corresponding to 1 mg nicotine/spray dose. Excipients with known effect: ethanol, propylene glycol, butylated hydroxytoluene. **Uses:** Nicorette QuickMist and QuickMist SmartTrack 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. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. Information about these products, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=nicorette+mouthspray>

Nicorette Inhalator. Presentation: Nicotine 15mg per cartridge. **Uses:** Nicorette Inhalator 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. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG UK. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://mhraproducts4853.blob.core.windows.net/docs/6a02b438e8083ff0652dbbc215d67d557e637c8c>

Nicorette Gum. Presentation: Chewing gum containing 2 or 4mg of nicotine. **Uses:** Nicorette Gum 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. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=Nicorette+Gum>

Nicorette Cools 2mg Lozenge, Nicorette Cools 4mg Lozenge, Nicorette Fruit 2mg Lozenge. Presentation: Each lozenge contains 2mg or 4mg of nicotine. **Uses:** Nicorette lozenges 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. **Legal category:** GSL. **PL holder:** McNeil Products Limited, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG, UK. Information about these products, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/search?q=Nicorette+lozenge>

Nicorette Microtab 2mg sublingual Tablet. Presentation: Sublingual tablet equivalent to 2mg of 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. **Legal category:** GSL. **PL holder:** McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://mhraproducts4853.blob.core.windows.net/docs/2859fe09dfa2cd6b154ad24198e401c577f3593d>

Nicorette Nasal Spray. Presentation: Nicotine 10 mg/ml. Each spray of 50µl delivers 0.5 mg nicotine. **Uses:** Indicated for the relief of nicotine withdrawal symptoms as an aid to smoking cessation. **Legal category:** GSL. **PL holder:** McNeil Products Limited, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG UK. Information about this product, including adverse reactions, precautions, contraindications, and method of use can be found at: <https://www.medicines.org.uk/emc/product/6207>

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard

Adverse events should also be reported to McNeil Products Limited on 01344 864 042.