

Step 1: Choose the starting patch dose for craving support throughout the day based on number of cigarettes smoked:

One cigarette delivers 1-2 mg of nicotine

 NICODERM® Patch	STEP 1 21 mg	STEP 2 14 mg	STEP 3 7 mg	Considerations: Assess your patient and consider if remaining on Step 3 beyond Week 10 is appropriate to help manage their cravings.
> 19 CIGARETTES/DAY	WEEKS 1-6	WEEKS 7-9	WEEKS 9-10	WEEKS 10+
10-19 CIGARETTES/DAY		WEEKS 1-6	WEEKS 7-9	DOSE REDUCTION
< 10 CIGARETTES/DAY			WEEKS 1-6	REASSESS

Step 2: Pair with a NICORETTE® product for fast relief of breakthrough cravings.

 NICORETTE® QuickMist®	Each spray contains 1mg of nicotine. 1-2 sprays at a time as needed. Maximum 4 sprays per hour. Maximum 64 sprays per day.			Starts to relieve cravings in 30 seconds. One canister contains approximately 150 sprays.
	OR	OR	OR	
 NICORETTE® Gum	Comes in 2mg & 4mg dosages. 1 piece of gum every 1-2 hours as needed. Maximum 20 pieces of gum per day.			Choose NICORETTE® 2 mg gum if time to first cigarette is > 30 minutes upon waking. Choose NICORETTE® 4 mg gum if time to first cigarette is < 30 minutes upon waking.
	OR	OR	OR	
 NICORETTE® Lozenge	Comes in 2mg & 4mg dosages. 1 lozenge every 1-2 hours as needed. Maximum 15 lozenges per day.			Choose NICORETTE® 2mg lozenge if time to first cigarette is > 30 minutes upon waking. Choose NICORETTE® 4mg lozenge if time to first cigarette is < 30 minutes upon waking.
	OR	OR	OR	
 NICORETTE® Inhaler	Use as needed. Each cartridge contains 4mg of nicotine. Maximum 12 cartridges per day.			1 cartridge lasts ~ 20 minutes of frequent continuous puffing.

Step 3: Use the starting NRT patch dose for 6 weeks and reduce dose by 7 mg every 2 weeks thereafter.

- Consider a NICORETTE® product with a **different strength or increase the NICODERM® patch dose** if cravings continue.
- If strong cravings return when attempting downward titration, **consider remaining at the higher dose for longer.**

Step 4: Re-assess the patient for ongoing cravings and/or withdrawal symptoms.

- NRT can be used **beyond 10 – 12 weeks** as necessary.
- Re-assess the patient as needed** to manage and titrate dosage(s).

Tips on Using NRT Products

- NICORETTE® and NICODERM® are the first and only brands in Canada authorized for use in combination.
- NICORETTE® Gum is now the **only authorized NRT product** in Canada that includes provisions for use in **pregnant and breastfeeding** women with your consultation as a HCP.
- Gum, lozenge, inhaler or spray **can be used after discontinuation of patch**, as required.