

ASK

ASK every patient about tobacco use & record smoking status at every visit

ADVISE

ADVISE on the risks of smoking, the benefits of quitting & the most effective way of quitting

ACT

1. Prescribe

2. Refer: HSE Quit Service (via Healthlink)

Prescribe

Varenicline (Champix)

Can be used alone **OR** with NRT#

Week 1 : Continue smoking

DAY	DOSE
Day 1 – 3	0.5mg x 1 daily
Day 4 – 7	0.5mg x 2 daily

Week 2 – 12: Stop smoking

Day 8 – 84+	1mg x 2 daily
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+ If unsuitable, combination NRT should be recommended. See SPC & PIL.



Combination Nicotine Replacement Therapy (NRT)

LONG ACTING NRT (PATCH)

SHORT ACTING NRT

Nicotine Patch*

WEEKS	24 hr	16 hr
1 – 4	*21mg or 14mg	25mg
5 – 8	*14mg or 7mg	25mg
9 – 10	7mg	15mg
11 – 12	7mg	10mg

- Gum
- Lozenges
- Inhaler
- Mouth Spray

For pregnant women consider 16hr Patch +/- Short Acting NRT



* Higher dose more suitable for people who smoke more heavily, refer to SPC and PIL for more information

Refer

Intensive Behavioural Support from a Stop Smoking Advisor

Combined pharmacotherapy & behavioural support is 4 times more effective when compared with quitting unaided. Medication & intensive behavioural support is available FREE for all attending HSE Stop Smoking Services (regardless of medical card status)

This advice is informed by the National Stop Smoking Clinical Guidelines

National Stop Smoking Clinical Guidelines

Further info on medications

QUIT
We can help

