

Quit for new life

A guide for pharmacists on the dosage, usage and quantity of NRT required for a two week supply of each NRT product

Form of NRT	NRT daily dosage guide	Directions for use	Quantity required to supply 2 weeks' worth of NRT product
Gum	8-12 gum/day Pregnant women will usually require 4mg gum	Chew slowly until a strong peppery taste and/or a tingling sensation is noticed. Flatten the gum and put back (park) between the gum and the cheek. Chew and park several times per piece. Repeat for 30 minutes and then throw away. Gum should not be chewed like ordinary gum as it lowers its effectiveness.	12 boxes (12 per box) 6 boxes (24 per box) 5 boxes (30 per box) 2 boxes (96 per box)
Mini lozenges and lozenges	9 -20 lozenges/day (dependent on mg/type) Pregnant women will usually require 4mg lozenge	Suck lozenge – don't chew or swallow. Give 3 - 4 sucks to start releasing nicotine. Park on inside lining of the cheek. Continue to suck the lozenge 3-4 times every five minutes for up to 30 minutes at which time it should be completely dissolved. Not suitable for people with phenylketonuria.	Mini lozenge (4mg) – 20 per dispenser 15 per day = 11 dispensers Mini lozenge (1.5mg) - 20 per dispenser 20 per day = 14 dispensers Lozenge (4mg): 15 per day = 6 boxes (36 per box) = 3 boxes (72 per box) Cool Drops lozenges (4mg and 2mg) - 20 lozenges per dispenser 15 per day= 11 dispensers
Inhalator	3-6 cartridges/day	Puff lightly - do not inhale deeply to avoid coughing and irritation of the throat. Continue puffing for up to 20 minutes, break for 40 minutes, puff again 20 minutes. Discard the cartridge after this time as the active ingredient is lost.	5 packs (20 cartridges per pack)
Patch	25mg/16hr patch or 21mg/24hr patch	Place patch on a clean, non-hairy site anywhere on the body. A new patch should be placed on a different site each day to help prevent any skin reaction. Pregnant women should always remove the patch before going to sleep at night. Apply a new patch in the morning.	2 boxes (7 patches per box) 1 box (14 patches per box)
Oral spray	1-2 sprays every 30 minutes or up to 4 sprays per hour	Very fast acting and starts relieving cravings within 50 seconds with maximum effect at 10 minutes. Always 'prime' the pump to ensure spray comes out as a fine mist not a squirt. Direct spray to inside of the cheek or under the tongue. Do not spray on the lips or directly onto the throat. Not recommended for recovering alcoholic due to small amount of alcohol present.	4 dispensers (150 spray per dispenser)

Note: Client should avoid eating or drinking while using oral NRT products