



Health

TAX INVOICE



The Pharmacy Guild of Australia

Voucher for Nicotine Replacement Therapy Quit for new life Program

The *Quit for new life* program is a NSW Health initiative supporting pregnant Aboriginal women (and their families) to quit smoking. Up to 12 weeks free supply of NRT is available to each woman and their household members (if clinically appropriate).

Health worker to complete

Dear Pharmacist,

_____ is receiving support to quit smoking as part of the *Quit for new life* Program.

- Client is pregnant / breastfeeding or Client is in the postnatal period or
- Client is a cohabitant who lives with a pregnant / postnatal woman

I have recommended Nicotine Replacement Therapy (NRT) to assist with client/cohabitant's quitting.

- I have discussed NRT options with the client. The client prefers to use _____
- Please assess and if deemed suitable, provide 2 weeks supply of appropriate NRT products.

Redeem for: 2 weeks 4 weeks 6 weeks is the maximum on one voucher

Health worker's name _____ Tel _____

Job title _____ Local Health District _____

Signature _____ Date _____

Client Record Number or DOB _____ Previous voucher/s provided? Yes No

Pharmacist to complete

Pharmacy name _____

ABN _____ EFT Details: BSB _____ / _____ Acc No. _____

Email _____ Tel _____

Address _____

Date of issue of product _____ / _____ / _____

Name, dosage and quantity of product supplied

Total Retail Price (including GST) \$ _____

Full name of client or agent:

Full name of Pharmacist:

Signature of client or agent:

Signature of Pharmacist:

Give a copy of this form to the client and retain the original for your records

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Payment and contact details (for pharmacist)

<p>To enable payment to pharmacist: Please FAX the first page only of this form (not this page) within 5 days to: Pharmacy Guild of Australia, NSW Branch Fax: 02 9467 7151 - Payment will be made by Electronic Funds Transfer (EFT)</p>
<p>For enquiries about voucher payments: Please call Janenne Wilson, the Health Services Manager, Pharmacy Guild of Australia, NSW Branch Phone 9467 7140</p>
<p>For enquiries about the Quit for new life program: Please contact the Statewide Coordinator, Rhonda Matthews on rhonda.matthews@doh.health.nsw.gov.au or Phone 9391 9951</p>

Notes on NRT for pregnant and breastfeeding women:

- NRT is recommended for nicotine dependent pregnant and breastfeeding women where the likelihood and benefit of quitting outweighs the potential harm of NRT and continued smoking.
- Intermittent NRT is preferred as it more closely mimics nicotine levels from smoking. However, where intermittent NRT is not tolerated, patches may be used (as per Therapeutic Guidelines: Psychotropic drug use in pregnancy: non-prescribed psychoactive drugs). Pregnant women need to be made aware of the need to remove patches at night to ensure the foetus is nicotine free for a minimum of 8 hours.
- Up to 6 weeks supply of NRT can be redeemed at the one time using one voucher. It is preferable for clients to receive only 2 - 4 weeks supply per voucher in case the client finds the product unsuitable.
- The lowest cost product should be supplied (unless the client has had a previous reaction to this product)

Guide for pharmacists on NRT dosages for pregnant women

NRT	Dosage	Directions for use	Quantity required to supply 2 weeks' worth of NRT product
Gum	When used as a single therapy: 8-12 gum/day Pregnant women will usually require 4mg gum	Chew slowly until the taste becomes strong (~1 minute). Then rest or 'park' the softened gum against the side of the mouth /cheek. When the taste fades chew a few more times until taste gets stronger. Use for 20 to 30 minutes then discard. Avoid eating or drinking for 15 mins before and after gum use.	12 boxes (12 per box) 6 boxes (24 per box) 5 boxes (30 per box) 2 boxes (96 per box)
Mini Lozenges and Lozenges	When used as single therapy: 9 -20 lozenges/day (dependent on mg/type) Pregnant women will usually require 4mg lozenge	Suck lozenge 3-4 times to release nicotine then 'park' against inside lining of the cheek. Continue to 'suck and park' for up to 30 minutes or until lozenge has completely dissolved. The lozenge should not be chewed or swallowed. No eating or drinking while lozenge is in the mouth.	Mini lozenge (4mg) Single Therapy: 15 per day = 11 x (20 lozenge) dispensers Mini lozenge (1.5mg) Single Therapy: 20 per day = 14 x (20 lozenge) dispensers Lozenge (4mg): Single Therapy: 15 per day = 6 boxes (36 per box) = 3 boxes (72 per box) Cool Drops lozenges (4mg and 2mg) Single Therapy: 15 per day= 11 x (20 lozenge) dispensers
Inhalator	When used as single therapy: 3-6 cartridges/day	Insert cartridge into mouthpiece. Close device to puncture cartridge. Inhale gently through the mouthpiece and hold inhaled air in the mouth. Nicotine is only absorbed through oral mucosa.	5 boxes (20 cartridges per box)
Patch	10 or more cigs/day and more than 45kgs -provide 21mg/24hr patch (removed at night for pregnant women) or provide 25mg/16hr patch If < 45kgs: offer inhalator, lozenge or gum. Medical Officers may prescribe 14mg patch to woman less than 45kgs.	Place patch on a clean, non-hairy site anywhere on the body. (Preferably upper arms, chest or upper back). A new patch should be placed on a different site each day to help prevent a skin reaction. Pregnant women should always remove the patch before sleeping at night and apply a new patch in the morning.	2 boxes (7 patches per box) 1 box (14 patches per box)

Notes:

- *Quit for new life* clients are only eligible for one form of NRT per voucher. If combination therapy is deemed appropriate, the client can obtain patches on script from their GP through the PBS and use the QFNL voucher for the oral / intermittent NRT.
- This table is a guide only. It is important clients receive appropriate professional advice regarding dosage to control cravings and withdrawal symptoms; under-dosing is common. Clients are encouraged to self-titrate to manage their symptoms.