

PEI Smoking Cessation Program: Pharmacotherapy Sample Tapering Schedule

Table 1: Patient Assessment Tool

Disclaimer: This sample tapering schedule is for guidance only; modify per patient assessment.

NICOTINE PATCH	
Patient smokes ≥ 40 cigarettes/day: 42 mg/day (21 mg + 21 mg) x 6 weeks; 35 mg/day (21 mg + 14 mg) x 4 weeks; 28 mg/day (21 mg + 7 mg) x 2 weeks; 21 mg/day x 2 weeks; 14 mg/day x 2 weeks; 7 mg/day x 2 weeks. Patient smokes 35-39 cigarettes/day: 35 mg/day (21 mg + 14 mg) x 6 weeks; 28 mg/day (21 mg + 7 mg) x 4 weeks; 21 mg/day x 2 weeks; 14 mg/day x 2 weeks; 7 mg/day x 2 weeks. Patient smokes 30-34 cigarettes/day: 28 mg/day (21 mg + 7 mg) x 6 weeks; 21 mg/day x 4 weeks; 14 mg/day x 2 weeks; 7 mg/day x 2 weeks.	Patient smokes 20-29 cigarettes/day: 21 mg/day x 6 weeks; 14 mg/day x 4 weeks; 7 mg/day x 2 weeks. Patient smokes 10-19 cigarettes/day: 14 mg/day x 6 weeks; 7 mg/day x 4 weeks. Patient smokes <10 cigarettes/day: 7 mg/day x 6 weeks. If smokes within 30 minutes of waking, add 7 mg to initial start dose.
NICOTINE GUM: 2 or 4 mg (Max QTY/period: 945 pieces)	
Strength: • Patient smokes ≥20 cigarettes/day or within 30 minutes of waking: 4 mg. • Patient smokes <20 cigarettes/day: 2 mg. Sample Taper Schedule: Weeks 1-3: 10-20 pieces/day Weeks 4-6: 8-15 pieces/day Weeks 7-8: 4-10 pieces/day Weeks 9-10: 2-5 pieces/day Weeks 10+: 1 piece as needed for breakthrough cravings. Maximum 20 pieces/day.	
NICOTINE INHALER (Max QTY/period: 1008 cartridges)	
Sample Taper Schedule: Weeks 1-12: Use 6-12 cartridges/day or as needed. Maximum 12 cartridges/day. Note: If using for longer than 12 weeks, gradually reduce the number of cartridges. Stop using when down to 1 or 2 cartridges/day.	

NICOTINE LOZENGES: 1, 2 or 4 mg (Max QTY/period: 792 pieces)

Strength:

- Patient smokes ≥ 20 cigarettes/day or within 30 minutes of waking: **4 mg.**
- Patient smokes < 20 cigarettes/day: **1 or 2 mg.**

Sample Taper Schedule:

Weeks 1-6: 8-15 lozenges/day

Weeks 7-9: 4-8 lozenges/day

Weeks 10-12: 2-4 lozenges/day

Weeks 12+: 1-2 lozenge/day as needed for breakthrough cravings.

Maximum 15 pieces/day.

NICOTINE SPRAY: 1 or 2 mg (Max QTY/period: 420mL)

Strength:

- Patient smokes ≥ 20 cigarettes/day: **2 mg.**
- Patient smokes < 20 cigarettes/day: **1 mg.**

Sample Taper Schedule:

Weeks 1-6: Use 1 to 2 sprays every 30-60 minutes.

Weeks 7-9: Reduce daily sprays so that by Week 9 use is down to half of the Weeks 1-6 amount.

Weeks 10-12: Continue tapering so that by Week 12, patients are down to 2-4 sprays per day.

Maximum daily dose: **1 mg** (48 sprays/day); **2 mg** (24 sprays/day).

Note: Stop using Nic-Hit spray after Week 12.

PRESCRIPTION MEDICATION

VARENICLINE (Brand name: Champix): 0.5 mg and 1 mg oral tablets.

Sample Dosing:

- Days 1-3: 0.5 mg once daily
- Days 4-7: 0.5 mg twice daily
- Week 2-12: 1 mg twice daily

Quit date: 7 to 14 days before.

Note: If experiencing side effects, dose can be reduced to 0.5 mg twice daily for weeks 2-12.

BUPROPION SR (Brand name: Zyban): 150 mg per oral tablet.

Sample Dosing:

- Days 1-3: 150 mg once daily
- Day 4 to Week 12: 150 mg twice daily (at least 8 hours apart)

Quit date: 7 to 14 days before.

Note: If experiencing side effects, dose can be reduced to 150 mg once daily for day 4-week 12.

Table 2: Guidance for Vaping Cessation

PATIENT ASSESSMENT TOOL: VAPING CESSATION			
<i>*Follow the same Short Acting schedule as above.</i>			
Profile	Dependence	Estimated Nicotine (mg)	Starting Dose (mg)
NICOTINE PATCH			
<i>*If unsure of user type, start with 21mg (moderate).</i>			
Light Vape User (low dose)	- Periodic or Social use; - No cravings; - No withdrawal symptoms after 24hr; - Nicotine concentration (e-liquid): < 20mg	0-20mg	14mg
Moderate Vape User	- Stable use; - Cravings present; - Vapes ≤ 30 min after waking; - Mild withdrawal symptoms; - Nicotine concentration (e-liquid): > 20mg	20-40mg	21mg
Heavy Vape User (high dose)	- Increasing use; - Intense cravings; - Vapes ≤ 30 min after waking; - Noticeable withdrawal symptoms; - Nicotine concentration (e-liquid): >20mg	40mg+	35mg

For program inquiries, please contact the **Provincial Tobacco Control Coordinator** by phone at (902) 368-4319 or email: quitsmoking@gov.pe.ca.