

PEI Smoking Cessation Program: Nicotine Replacement Therapy (NRT) Titration Schedule

Table 1: Patient Assessment Tool: NRT

NICOTINE PATCH	
	<p>Patient smokes 40+ cigarettes per day: Nicotine Patch 42 mg (21 mg + 21 mg) daily x 6 weeks; then Nicotine Patch 35 mg (21 mg + 14 mg) daily x 4 weeks; then Nicotine Patch 28 mg (21 mg + 7 mg) daily x 2 weeks; then Nicotine Patch 21 mg daily x 2 weeks; then Nicotine Patch 14 mg daily x 2 weeks; then Nicotine Patch 7 mg daily x 2 weeks</p> <p>Patient smokes 35-39 cigarettes per day: Nicotine Patch 35 mg (21 mg + 14 mg) daily x 6 weeks; then Nicotine Patch 28 mg (21 mg + 7 mg) daily x 4 weeks; then Nicotine Patch 21 mg daily x 2 weeks; then Nicotine Patch 14 mg daily x 2 weeks; then Nicotine Patch 7 mg daily x 2 weeks.</p> <p>Patient smokes 30-34 cigarettes per day: Nicotine Patch 28 mg (21 mg + 7 mg) daily x 6 weeks; then Nicotine Patch 21 mg daily x 4 weeks; then Nicotine Patch 14 mg daily x 2 weeks; then Nicotine Patch 7 mg daily x 2 weeks</p> <p>Patient smokes 20-29 cigarettes per day: Nicotine Patch 21 mg daily x 6 weeks; then Nicotine Patch 14 mg daily x 4 weeks; then Nicotine Patch 7 mg daily x 2 weeks.</p> <p>Patient smokes 10-19 cigarettes per day: Nicotine Patch 14 mg daily x 6 weeks; then Nicotine Patch 7 mg daily x 4 weeks.</p> <p>Patient smokes <10 cigarettes per day: Nicotine Patch 7 mg daily x 6 weeks.</p> <div style="border: 2px solid red; padding: 10px; margin-top: 20px;"> <p>If smokes within 30 minutes of waking, add 7 mg to initial start dose</p> </div>
NICOTINE GUM	
	<p>Patient smokes 20+ cigarettes per day: Nicotine Gum 4 mg pieces.</p> <p>Patient smokes <20 cigarettes per day: Nicotine Gum 1 mg or 2 mg pieces.</p>
NICOTINE LOZENGES	
	<p>Patient smokes 20+ cigarettes per day: Nicotine Lozenge 4 mg</p> <p>Patient smokes <20 cigarettes per day: Nicotine Lozenge 2 mg</p>
NICOTINE INHALER	
	Use 6-12 cartridges per day or as needed for the first 6 weeks.
NICOTINE SPRAY	
	<p>Patient smokes 20+ cigarettes per day: Nicotine Spray 2mg</p> <p>Patient smokes <20 cigarettes per day: Nicotine Spray 1mg</p>

Table 2: Patient Assessment Tool: Vaping Cessation

PATIENT ASSESSMENT TOOL: VAPING CESSATION			
Profile	Dependence	Estimated Nicotine Consumed (mg)	Recommended Starting Dose (mg)
LONG ACTING (PATCH)			
Light Vape User (low dose)	<ul style="list-style-type: none"> - Periodic use; Social use; - No cravings; - No withdrawal symptoms if going without vaping for 24 hours; - Nicotine concentration (e-liquid): < 20mg 	0-20mg per day	14mg
Moderate Vape User	<ul style="list-style-type: none"> - Stable use; - Cravings present; - Vape within 30 minutes of waking; - Few/mild withdrawal symptoms if going without vaping for 24 hours; - Nicotine concentration (e-liquid): > 20mg 	20-40mg per day	21mg
Heavy Vape User (high dose)	<ul style="list-style-type: none"> - Increasing use; - Intense cravings; - Vape within 30 minutes of waking; - Noticeable withdrawal symptoms if going without vaping for 24 hours; - Nicotine concentration (e-liquid): > 20mg 	40mg+ per day	35mg
SHORT ACTING (GUM, LOZENGE, INHALER; SPRAY)			
Gum or lozenge: 2-4mg every 30 minutes as needed			
Inhaler: 1 cartridge every 30 minutes as needed			
Spray: 1mg: 1-2 sprays 1-24 times/day 2mg: 1-2 sprays 1-32 times/day			

**If unsure of light or heavy user choose 21mg (moderate vape user)*

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