

Appendix 10: Supplying and Using Nicotine Replacement Therapy (NRT) for temporary abstinence to create a smoke-free home/environment

Supplying and Using Nicotine Replacement Therapy (NRT) for temporary abstinence to create a smoke-free home
This guidance has been developed to ensure Nicotine Replacement Therapy (NRT) offered to people who smoke for temporary abstinence is provided safely and in line with current licensing guidance.
NRT products and strength
The following products can currently be offered to people who smoke for temporary abstinence: • Nicotinell Gum - 2mg and 4mg • Nicorette Inhalator - 15 mg • NiQuitin CQ Mini Lozenges – 2mg and 4mg • Nicorette QuickMist Spray – 1mg Please note Nicotinell Lozenges (1mg and 2mg) are not licensed for temporary smoking reduction and therefore not included in the options above. Please also note clients who are pregnant or breastfeeding are also excluded as the products offered are only licensed for this group of people who are making a quit attempt. For full information on products above go to https://www.medicines.org.uk/emc
Dosage for NRT products
All NRT products are doses according to product licence. Frequency/Maximum dose per 24 hours: • Nicotinell Gum (2mg and 4mg), up to 15 pieces per day • Nicorette Inhalator (15mg), maximum of 12 cartridges per day • Nicquitin CQ Mini lozenges (2mg and 4mg) up to 15 pieces per day • Nicorette QuickMist Spray (1mg), maximum of 64 sprays per day
Duration of treatment for temporary abstinence
NRT can be provided free of charge, typically for up to 12 weeks, as part of a pilot/test of change and should be paired with behavioural support.

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1 week* supply can be provided following initial assessment with client. Once product suitability is established with client, 2-3 weeks' supply can be provided if in line with local protocol and procedures.

*A 1-week supply is based on what the client would receive if they were to use the product to stop smoking.

Possible adverse reactions

Side effects from NRT (are usually transient, and may include but are not limited to)

Common side effects are:

- Gastro-intestinal upset (including nausea, hiccups, heartburn)
- Headache
- Dizziness
- Influenza-like symptoms
- Dry mouth
- Throat/mouth irritation
- Jaw pain

Less frequent side effects are:

- Palpitations

Rare side effects are:

- Atrial fibrillation (a condition that causes an irregular and often fast heartbeat)

Some of the listed side effects may be a consequence of nicotine withdrawal from reducing smoking rather than NRT side effects.

People using NRT for temporary abstinence should be offered an alternative product if they are not able to tolerate the side effects of their chosen product.

Reporting adverse reactions

Adverse reactions should be recorded in the the client's records and local procedures should be followed.

If required, a Yellow Card should be completed online at <https://yellowcard.mhra.gov.uk/>

Information on drug interactions

Information on clinically significant drug interactions with cigarette smoking can be found here: [Managing specific interactions with smoking](#)

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Options for supplying NRT products

Implementing a project/test of change providing NRT for temporary abstinence to create a smoke-free home/environment requires alignment with local NHS Board protocols.

Depending on local NHS Board protocols options below could be considered for supplying NRT to clients for temporary abstinence to create a smoke-free home/environment.

NRT products only available from a Community Pharmacy/GP:

Provision of NRT for temporary abstinence should be discussed with relevant Community Pharmacy Lead or Primary Care Lead, agreed local procedures established and implemented.

Posting of NRT products:

- All products must be supplied in their original packaging. Nothing should be added or removed, and all seals must be intact
- The chosen products should only be posted to the home address of the client in plain secure packaging. The client's address should be confirmed before posting
- The posted supply of products should be part of an agreed smoke-free home plan, with check-ins arranged with practitioner providing intervention
- Clients should be informed if NRT is not able to be delivered by Royal Mail, and that the package may need to be picked up at the local sorting office. As in standard practice for undelivered mail. This applies to packages unable to be posted through a letter box.
- Advise clients to ensure NRT products which can be posted through the letter box cannot be accidentally picked up or swallowed by children or pets.
- Complaints about the non-arrival of products should be monitored to reduce the possibility of fraudulent activity.

Direct supply of NRT products:

For NRT products supplied to client's directly i.e. face to face at a clinic/group it is recommended a local NHS board standard operating procedure is developed to support this option.

Facilities and supplies required if supplying NRT directly from a QYW service

If NRT is supplied directly from a local QYW service the following should be available at the site of supply:

- Safe storage area for medicines
- Suitable labels
- Stock Control System

Products supplied to clients must be labelled in accordance with the Medicines Act 1968.

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Storage and ordering of NRT products

- All NRT stock must be stored in a locked cupboard in a secure area in premises owned or managed by the NHS Board
- A local NHS protocol should be adhered to or developed for ordering NRT products
- Deliveries should be checked against the delivery note and any discrepancies dealt with immediately
- Stock should be monitored and rotated according to good housekeeping rules to avoid wastage of expired products (use oldest first and check use-before dates)
- Out of date stock must be removed from storage and returned to the supplier for disposal
- Items that are running low should be re-ordered as soon as necessary, bearing in mind that delays could occur if wholesale distribution is disrupted
- A monthly audit of stock should be carried out by two staff members from the QYW stop smoking services team.

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