

Appendix 1 (as supplied by the authors): pharmacotherapies for smoking cessation

Medication	Dosing and Titration	Advice to patients based on treatment goal
NRT monotherapy	<p><u>Nicotine Patch</u></p> <p><i>Starting dose</i></p> <p>21 mg patch/day, if patient smokes > 19 cigarettes per day¹</p> <p>14 mg patch/day, if patient smokes 10-19 cigarettes per day</p> <p>7 mg patch/day, if patient smokes < 10 cigarettes per day²</p> <p><i>Titration</i></p> <p>Use starting dose for 6 weeks and reduce dose by 7 mg every 2 weeks thereafter</p> <p>If strong cravings return when attempting downward titration, consider remaining at the higher dose for longer</p> <p>Patch can be used for 10-12 weeks or longer if necessary</p> <p><u>Nicotine Gum or Lozenge</u></p> <p><i>Starting dose</i></p> <p>Use 2 mg if time to first cigarette > 30 minutes after waking</p> <p>Use 4 mg if time to first cigarette ≤ 30 minutes after waking</p> <p><i>Titration</i></p> <p>Use one piece every 1-2 hours for weeks 1-6</p> <p>Use one piece every 2-4 hours for weeks 7-9</p> <p>Use one piece every 4-8 hours for weeks 10-12</p> <p>Use 1-2 pieces/day beyond 12 weeks, if needed to manage cravings</p> <p><u>Nicotine ‘Inhaler’</u></p> <p><i>Starting dose</i></p> <p>6-12 cartridges/ day or as per patient need for first 6 weeks</p> <p><i>Titration</i></p> <p>Gradually reduce number of cartridges/ day from weeks 6-12</p> <p>Use 1-2 cartridges/day beyond 12 weeks, if needed to manage cravings</p> <p><u>Nicotine oral spray</u></p> <p><i>Starting dose</i></p> <p>Use 1-2 sprays every 30-60 minutes for first 6 weeks (maximum 4 sprays/ hour or 64 sprays/ day)</p> <p><i>Titration</i></p> <p>Gradually reduce number of sprays/ day from weeks 6-12</p> <p>Use beyond 12 weeks, if needed to manage cravings</p>	<p><u>Quit abruptly on Target Quit Date</u></p> <p>Set target quit date in next 30 days</p> <p>On target quit date, stop smoking cigarettes and begin using NRT</p> <p>Follow dosing and titration regimen</p> <p>Extend duration of NRT as long as necessary to prevent relapse</p> <p><u>Reduce to quit on Target Quit Date</u></p> <p>Set target quit date in next 30 days</p> <p>Begin using NRT 2-4 weeks before target quit date</p> <p>Set goal to reduce daily cigarette consumption by 50%–75% by target quit date</p> <p>If using faster acting NRTs (gum, lozenge, inhaler, oral spray), should be used to replace omitted cigarettes and when experiencing cravings</p> <p>On target quit date, stop smoking cigarettes and follow regular dosing and titration regimen</p> <p>Extend duration of NRT as long as necessary to prevent relapse</p> <p><u>Reduce Smoking</u></p> <p>Begin using medication</p> <p>Set reduction goal (e.g. decrease daily cigarettes by 50%-75% over time)</p> <p>Consider setting quit date if motivation to quit increases during treatment</p> <p>Use for up to 6 months</p> <p>If no change in smoking behaviour, consider other medication options</p>

¹ Heavily addicted smokers (> 25 cigarettes per day) may benefit from combining patch strengths so that they receive approximately 1 mg of nicotine for every cigarette smoked per day

² For patients smoking ≤ 5 cigarettes per day, consider using faster-acting NRTs rather than NRT patch

<p>NRT Combination</p>	<p><u>Nicotine patch</u> <i>Starting dose</i> 21 mg patch/day, if patient smokes > 19 cigarettes per day³ 14 mg patch/day, if patient smokes 10-19 cigarettes per day 7 mg patch/day, if patient smokes < 10 cigarettes per day</p> <p style="text-align: center;"><i>PLUS</i></p> <p><u>Nicotine gum or lozenge</u> 2 or 4 mg based on time to first cigarette Use 1 piece every 1-2 hours as needed (at least 4-5 pieces per day)</p> <p style="text-align: center;"><i>OR</i></p> <p><u>Nicotine inhaler</u> Use 1 cartridge every 1-2 hours or as needed</p> <p style="text-align: center;"><i>OR</i></p> <p><u>Nicotine oral mist</u> Use 1 spray every 1-2 hours as needed</p> <p><i>Titration</i> Use starting NRT patch dose for 6 weeks and reduce dose by 7 mg every 2 weeks thereafter If strong cravings return when attempting downward titration, consider remaining at the higher dose for longer NRT can be used for 10-12 weeks or longer if necessary Gum, lozenge, inhaler or oral spray can be used after discontinuation of patch, as required</p>	<p><u>Quit abruptly on Target Quit Date</u> Set target quit date in next 30 days On target quit date, stop smoking cigarettes and begin using combination NRT Follow dosing and titration regimen Extend duration of NRT as long as necessary to prevent relapse</p> <p><u>Reduce to quit on Target Quit Date</u> Set target quit date in next 30 days Begin using combination NRT 2-4 weeks before target quit date Set goal to reduce daily cigarette consumption by 50%–75% by target quit date Use faster acting NRTs (gum, lozenge, inhaler, oral spray) to replace omitted cigarettes and when experiencing cravings On target quit date, stop smoking cigarettes and follow regular dosing and titration regimen Extend duration of NRT as long as necessary to prevent relapse</p> <p><u>Reduce Smoking</u> Begin using combination NRT Set reduction goal (e.g. decrease daily cigarettes by 50%-75% over time) Consider setting quit date if motivation to quit increases during treatment Use for up to 6 months If no change in smoking behaviour, consider other medication options</p>
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³ Heavily addicted smokers (> 25 cigarettes per day) may benefit from combining patch strengths so that they receive approximately 1 mg of nicotine for every cigarette smoked per day

Varenicline	<p><i>Standard dosing</i></p> <ul style="list-style-type: none"> 0.5 mg once daily for days 1-3 0.5 mg twice daily for days 4-7 1 mg twice daily for weeks 2-12⁴ <p><i>Titration</i></p> <p>If experiencing side effects, dose can be reduced to 0.5 mg twice daily for weeks 2-12</p> <p>Varenicline can be used for an additional 12 weeks, if needed</p> <p><i>Combination with NRT</i></p> <p>If cravings persist, consider combining varenicline with a daily NRT patch or a faster acting NRT (inhaler, gum, lozenge, oral spray) as per NRT dosing instructions above</p>	<p><u>Quit abruptly on Target Quit Date</u></p> <ul style="list-style-type: none"> Set target quit date Begin using varenicline 8-35 days before target quit date Follow dosing and titration regimen If patient is smoke-free at 12 weeks, consider extending varenicline to 24 weeks to prevent relapse <p><u>Reduce to quit on Target Quit Date</u></p> <ul style="list-style-type: none"> Set target quit date, up to 3 months in advance Begin using varenicline 2 to 12 weeks before target quit date Set goal to reduce daily cigarette consumption by at least 50% by target quit date On target quit date, stop smoking cigarettes, and follow regular dosing and titration regimen If patient is smoke-free at 12 weeks, consider extending varenicline to 24 weeks to prevent relapse <p><u>Reduce Smoking</u></p> <ul style="list-style-type: none"> Begin using varenicline Set reduction goal (e.g. decrease daily cigarettes by 50%-75% over time) Consider setting quit date if motivation to quit increases during treatment Use for up to 6 months If no change in smoking behaviour, consider other medication options
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⁴ Caution patients about risk of premature discontinuation of varenicline, if they achieve early success

Bupropion	<p><i>Standard dosing</i></p> <p>150 mg once daily for days 1-3 150 mg twice daily (at least 8 hours apart), day 4 to week 12</p> <p><i>Titration</i></p> <p>If experiencing side effects, dose can be reduced to 150 mg once daily for day 4- week 12 Bupropion can be used for an additional 12 weeks, if needed</p> <p><i>Combination with NRT</i></p> <p>If cravings persist, consider combining bupropion with a daily NRT patch or a faster acting NRT (inhaler, gum, lozenge, oral spray) as per NRT dosing instructions above</p>	<p><u>Quit abruptly on Target Quit Date</u></p> <p>Set target quit date in next 30 days Begin using bupropion 7 days before target quit date Follow dosing and titration regimen If patient is smoke-free at 12 weeks, consider extending bupropion to 24 weeks to prevent relapse</p> <p><u>Reduce to quit on Target Quit Date</u></p> <p>Set target quit date Begin using bupropion 4 weeks before target quit date Set goal to reduce daily cigarette consumption by 50%–75% by target quit date On target quit date, stop smoking cigarettes and follow regular dosing and titration regimen If patient is smoke-free at 12 weeks, consider extending bupropion to 24 weeks to prevent relapse</p> <p><u>Reduce Smoking</u></p> <p>There are no studies demonstrating the effectiveness of bupropion for achieving abstinence in patients in a reduced smoking scenario</p>
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Note: NRT = nicotine replacement therapy