

## SMOKING CESSATION STANDARD ORDERS

Date/Time: \_\_\_\_\_

For Inpatient Only

Weight: \_\_\_\_\_ kg ( estimated  actual)

*These orders are to be used as a guideline to support clinical judgement and professional practice standards. Patient allergy and contraindications must be considered when completing these orders*

■ Indicates Standard orders. If not in agreement with an order, cross out and initial.  Requires a check  for activation.

Allergies (describe): \_\_\_\_\_

### ADULT MEDICATION ORDERS

#### Tobacco Cessation Option 1 (Nicotine Replacement Therapy (NRT))

**NICOTINE PATCH** – A different site of application should be used daily, with a new patch applied each morning. If the patient complains of insomnia, the patch may be removed at bedtime. Watch for signs of nausea, as this is an indication that the strength of the patch needs to be reduced.

**Patient smoking less than 15 cigarettes per day:**

Nicotine patch 14 mg daily x 6 weeks; then  
Nicotine patch 7 mg daily x 2 weeks.

**Patient smoking 15-30 cigarettes per day:**

Nicotine patch 21 mg daily x 6 weeks; then  
Nicotine patch 14 mg daily x 2 weeks; then  
Nicotine patch 7 mg daily x 2 weeks.

**Patient smoking 31-40 cigarettes per day**

Nicotine patch 35 mg (21 + 14) daily x 6 weeks; then  
Nicotine patch 28 mg (21 + 7) 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.

**Patient smoking greater than 40 cigarettes per day:**

Nicotine patch 42 mg (21 + 21) daily x 6 weeks; then  
Nicotine patch 35 mg (21 + 14) daily x 2 weeks; then  
Nicotine patch 28 mg (21 + 7) 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.

#### PLUS Adjunctive Therapy

**NICOTINE GUM:** Bite gum twice then “park it” between cheek and gums. Wait 1 minute, or until peppery taste subsides, and then repeat process. Discard gum after 20 to 30 minutes of use. Maximum of 20 pieces per day. Two pieces of nicotine gum may be kept near the bedside in a secure location for night time use.

Nicotine gum 2 mg PRN, maximum \_\_\_\_\_ pieces per day.

Nicotine gum 4 mg PRN, maximum \_\_\_\_\_ pieces per day.

#### Tobacco Cessation Option 2

**BuPROPion** and NRT may be used as an adjunctive therapy until effect with buPROPion is observed (i.e. for the first 7 days). Doses may need to be adjusted for renal/hepatic insufficiency.

buPROPion SR 150 mg PO daily X 3 days (Initial dose) Start Date (dd-Mon-yyyy) \_\_\_\_\_

AND THEN

buPROPion SR 150 mg PO BID (Maintenance dose)

#### Tobacco Cessation Option 3

**VARENICLINE** and NRT may be used as an adjunctive therapy until effect with Varenicline is observed (i.e. for the first 7 days). Doses may need to be adjusted for renal insufficiency.

**Initial Dose:**

- Varenicline 0.5 mg PO daily on days 1 to 3; then
- Varenicline 0.5 mg PO twice daily on days 4 to 7; then

**Maintenance dose:**

- Varenicline 0.5 mg PO twice daily x 11 weeks
- Varenicline 1 mg PO twice daily x 11 weeks

Prescriber Signature: \_\_\_\_\_ Date/time \_\_\_\_\_

Faxed to Pharmacy: Date: \_\_\_\_\_ Time: \_\_\_\_\_ Signature: \_\_\_\_\_