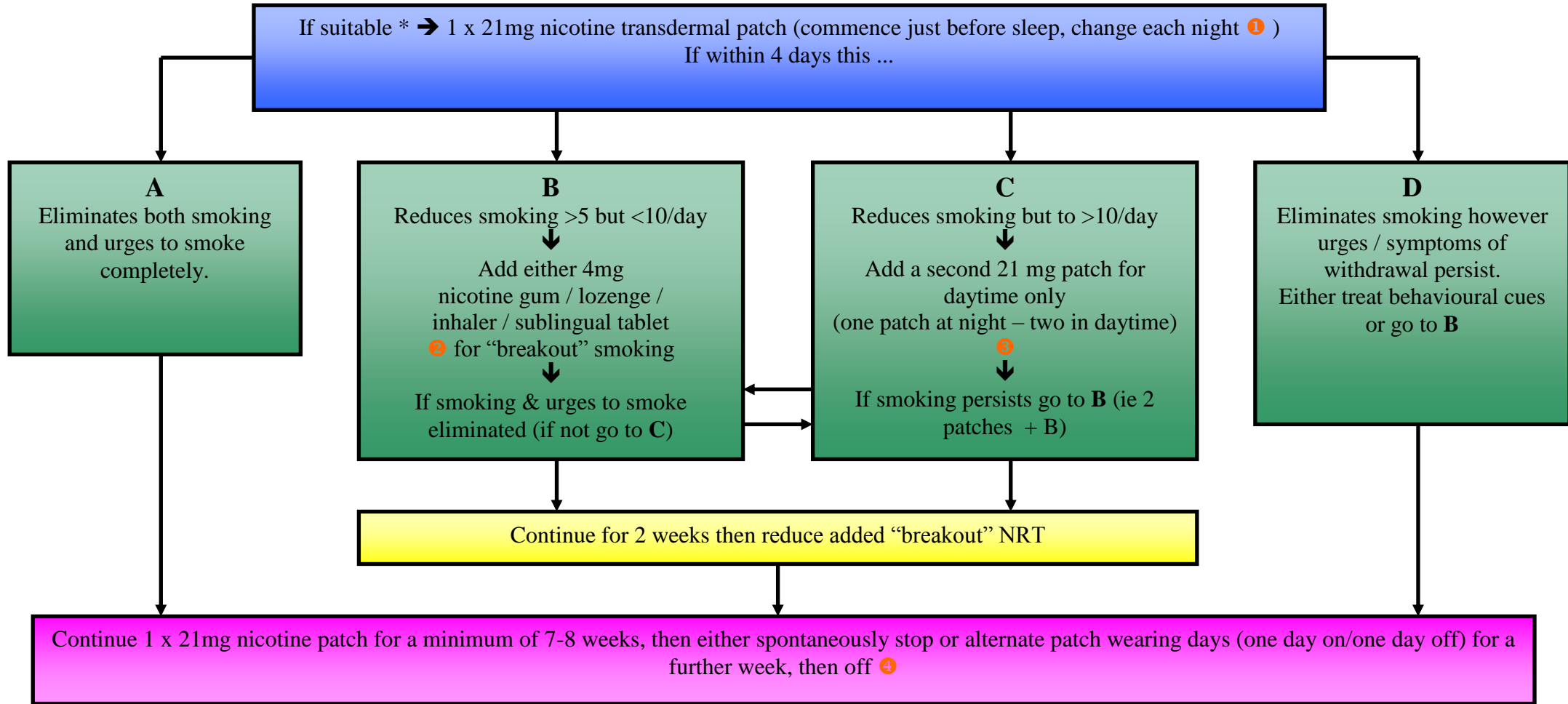


# Bittoun Combination Nicotine Replacement Therapy Algorithm



- **KEEP IN MIND CONTRAINDICATIONS:** i.e 1. **Recent cardiovascular event (48 Hours)**

2. **Pregnancy or likelihood (all NRT OK but not patch)**

- 1 Applying patch last thing before sleep allows the slow rise of nicotine overnight - the likelihood of 1st cigarette of the day "urge" is strongly diminished.
- 2 Either 4mg nicotine gum or lozenge depending on patient choice. Inhaler or sublingual tablet recommended over the others if patient needs faster reinforcement.
- 3 No evidence in the literature or in our experience of toxicity. Consider reducing concentrations if nausea occurs.
- 4 There is no evidence in the literature for weaning (or reduction) of patch strengths.