

TOBACCO CESSATION REFERRAL FORM

Date: _____

Patient Name: _____

HSN: _____

Please provide PACT counselling services

Please provide the following pharmacotherapy as required:

- Varenicline 0.5mg PO daily x 3 days; then 0.5mg PO BID x 4 days; then 1mg PO BID until end of treatment (Total treatment duration = 12 weeks; Quit smoking 1-2 weeks after starting varenicline)
*Dosage adjustment may be required in renal impairment.
- Varenicline 0.5mg PO daily x 3 days; then 0.5mg PO BID until end of treatment
(Total treatment duration = 12 weeks; Quit smoking 1-2 weeks after starting varenicline)
*For patients experiencing nausea.
- Bupropion SR 150mg PO daily x 3 days; then 150mg PO BID until end of treatment (Total treatment duration = 12 weeks; Quit smoking 1-2 weeks after starting bupropion SR)
*Avoid if seizure disorder/anorexia
- Nicotine Replacement Therapy as per pharmacist recommendations - see other side.
- Combination therapy such as two different NRT products, or NRT plus Bupropion SR.

Referring Physician: _____

NICOTINE REPLACEMENT THERAPY (NRT)

- Nicotine Patch may be removed at HS if patient is experiencing insomnia
- It may be necessary to titrate NRT dose and duration per patient's needs

Nicotine Patch: CHOOSE ONLY ONE OF THE PATCH OPTIONS BELOW

- < 10 cigarettes per day:**
Nicotine Patch 7 mg daily x 6 weeks.
- 10- 20 cigarettes per day:**
Nicotine Patch 14mg daily x 6 weeks;
then Nicotine Patch 7 mg x daily x 4 weeks.
- 21- 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.
- 31- 40 cigarettes per day:**
Nicotine Patch 28 mg (21mg +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.
- > 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 2 weeks: then Nicotine Patch 28 mg (21mg +7 mg) daily x 2 weeks;
then Nicotine Patch 21 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.
- Plus Adjunctive Therapy: Used for breakthrough cravings**
CHOOSE ONLY ONE OF THESE OPTIONS
 - Nicotine (Nicorette®) Gum 2 or 4 mg pieces prn, max. 10 pieces per day.
 - Nicotine (Nicorette®) Inhaler, prn, max. 6 cartridges per day.