

Nicotine Replacement Therapy Quit Cards

What dose?

Patches:

Smoke over 10 a day

High strength (21mg)

Smoke 5 – 10 a day

Medium Strength (14mg)

Low strength patches are also available for weaning off if required

Gum:

Two strengths available, 2mg and 4mg

Lozenges:

Two strengths available, 1mg and 2mg

NB: People who smoke within the 1st hour of waking require high strength patch/gum /lozenge as they are recognised as high dependency smokers

NB: combination therapy is very effective i.e. patch plus gum or lozenge

How to write a quit card

Nicotine patches high strength please supply 4 boxes

Or

Nicotine gum 2mg (or 4mg) please supply 4 boxes

Or

Nicotine lozenges 1mg (or 2mg) please supply 6 boxes

A separate card for each product –issue two cards when necessary

Refer for follow up if desired

This increases the chances of a successful quit attempt

1. Maori /Pacific or Pregnant
Aukati Kai Paipa Programme
0800 925242

2. General referrals
Judy Wilson
03 2189112

3. Quit Group
National Phone Help Line
0800 778778

4. Donna Cairns
PHO Smokefree Co-ordinator
PHO 03 2140325

5. Karron Pink
Inpatients and staff
Southland Hospital Smokefree Co-ordinator
03 2181949 Ext 8067

6. Jeanette Anderson
Inpatients and staff
Lakes District Hospital Smokefree Co-ordinator
03 4410010