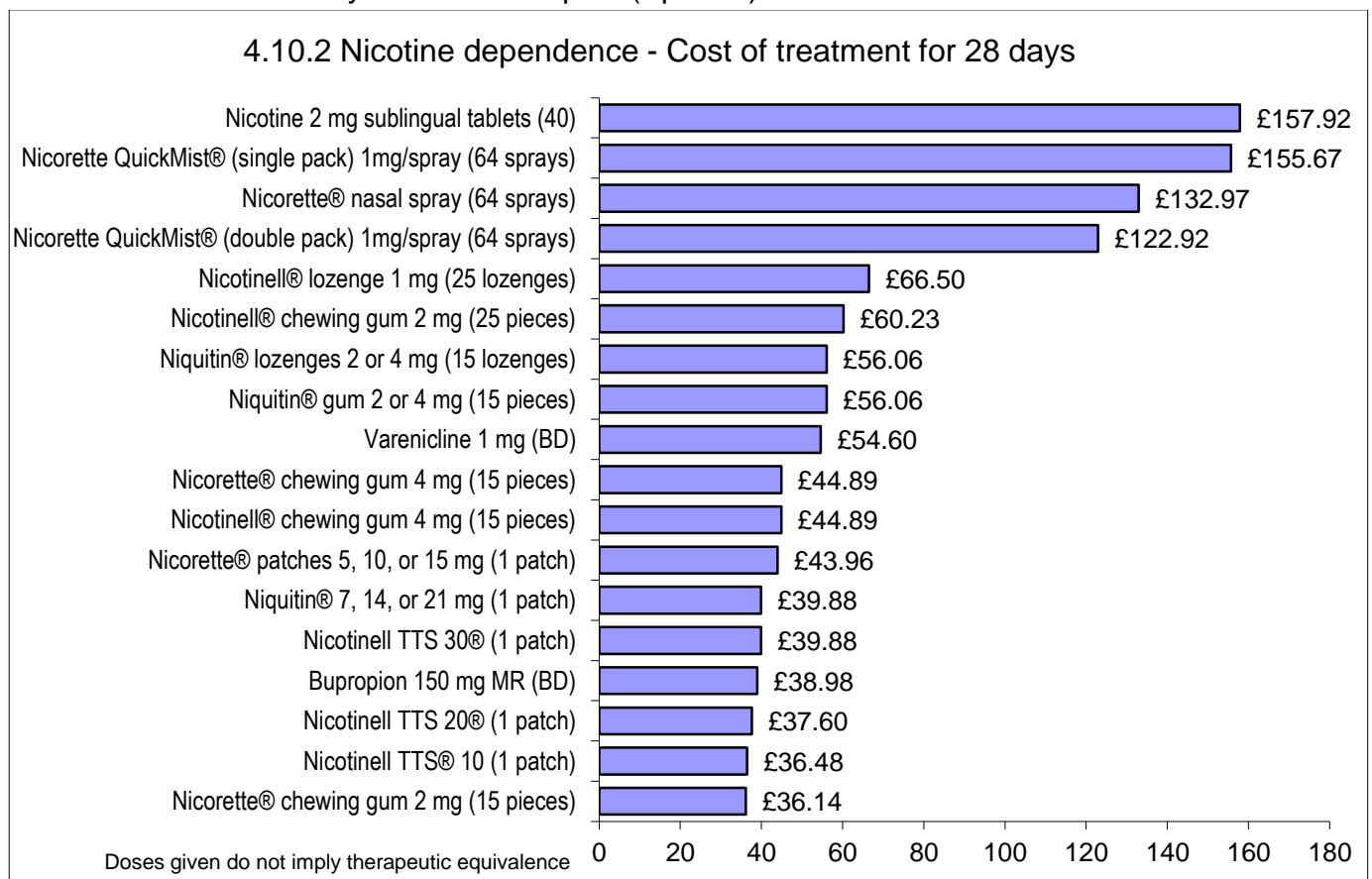


North Yorkshire County Council's (NYCC) Smoking Cessation Preferred Formulary

This preferred formulary list is intended to support product choice by providers who are commissioned directly/indirectly by NYCC to deliver specialist smoking cessation services.

- Preferred formulary choices are listed in Table 1 with their corresponding drug tariff price. For full prescribing information, please refer to manufacturers' Summary of Product Characteristics (SPC). It is recommended to used and incorporated into provider's product choice pathways/documentation.
- There is no evidence to suggest one type of Nicotine Replacement Therapy (NRT) is more effective than another. Therefore product selection should be guided by clinical assessment, patient need, tolerability and cost-effectiveness.
- The chances of stopping smoking are increased when used in a combination of the nicotine patch and a faster acting form.
- Evidence review recommends:
 - 1st Line: NRT patch plus short acting agent + behavioural advice (most effective)
 - 1st line (alternative): Varenicline + brief advice (most cost-effective)
 - 2nd Line: Bupropion
 (Pharmacotherapy to be provided as part of a programme of behavioural support)

The Regional Drug & Therapeutics Centre (Newcastle) has produced cost comparison chart that lists the weekly costs of therapies (April 17)



(http://gmmmg.nhs.uk/docs/cost_comparison_charts.pdf).

Preferred formulary list of pharmaceutical products:

1st LINE – Nicotine Replacement Therapy (NRT)

NRT includes patches (24hr and 16hr), Gum, lozenge, microtab, nasal spray, inhalator, oromucosal spray and orodispersible film (strips). **Form choice** should reflect patient needs, tolerability and cost considerations.

Offer NRT patch plus short acting agent (e.g. gum or lozenge) as a first line.

- If patients cannot tolerate gum/lozenges, then strips may be offered.
- The inhalator should only be prescribed when strips have failed.
- The nasal spray, oromucosal spray and sub-lingual tablets **should only** be offered to patients after other forms of NRT have been tried and are considered as exceptions.

The formulary reflects the most cost effective brand for each presentation, strength and flavour.

Presentation	Strength	Brand	Flavour	Indication
Patches: 24 hour	7mg, 14mg, 21mg	Nicotinell	N/A	Relieve and/or prevent cravings and nicotine withdrawal symptoms. Patches cannot be used for relief of acute cravings)
: 16 hour	10mg,15mg, 25mg	Nicorette	N/A	
Gum	2mg	Nicorette Nicotinell	Freshmint/ Fruitfusion/Icy White / Fruit/Mint	To be chewed when the user feels the urge to smoke.
	4mg	Nicorette, Nicotinell	Freshmint/ Fruitfusion/Icy White/ Fruit/Mint	
	6mg	Nicorette	Fruitfusion	
Lozenges	2mg	Nicotinell	Mint	Relief of nicotine withdrawal symptoms including cravings.
	4mg	NiQuitin	Mint, original	
Strips (oral film)	2.5mg	NiQuitin	Mint	For smokers who have their first cigarette of the day more than 30mins after waking up.

Alternative 1st line choice

Varenicline should be an alternative 1st line option for those in whom NRT is unsuitable.

Varenicline (Champix) – is available as: Treatment initiation packs, 0.5mg tablets and 1mg tablets.

2nd Line Choice

Bupropion (Zyban) – available as: 150mg modified release tablets

Table 1– NYCC preferred formulary & corresponding brands (Drug Tariff Oct.17 NHS prices)

NRT Products (Sugar Free = SF)	NHS Price	Matched branded NRT products
Nicotine 7mg/24-hour transdermal patch / 7 pack	£9.12	NICOTINELL TTS 10 PATCH (Step 3)
Nicotine 14mg/24-hour transdermal patch / 7 pack	£9.40	NICOTINELL TTS 20 PATCH (Step 2)
Nicotine 21mg/24-hour transdermal patch / 7 pack	£9.97	NICOTINELL TTS 30 PATCH (Step 1)
Nicotine 16-hour patch 10mg / 7 pack	£10.99	NICORETTE Invisi 10mg Patch
Nicotine 16-hour patch 15mg / 7 pack	£11.10	NICORETTE Invisi 15mg Patch

NYCC Public Health Smoking Cessation Preferred Formulary October 2017 (Review date Sept. 2020)

Nicotine 16-hour patch 25mg / 7 pack	£11.15	NICORETTE Invisi 25mg Patch
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NRT Products (Sugar Free = SF)	Price	Matched branded NRT products
Nicotine 2mg medicated chewing gum SF / 96 pack	£8.26	NICOTINELL 2mg GUM Fruit/Mint (96's)
Nicotine 4mg medicated chewing gum SF/ 96 pack	£10.26	NICOTINELL 4mg GUM Fruit/Mint (96's)
Nicotine 2mg medicated chewing gum SF/105 pack	£10.27	NICORETTE 2mg GUM (105's) Original/ Freshmint/ Fruitfusion/ Icy White
Nicotine 4mg medicated chewing gum SF/105 pack	£12.56	NICORETTE 4mg GUM (105's) Original/ Freshfruit/ Fruitfusion/ Icy White
Nicotine 6mg medicated chewing gum SF/105 pack	£12.56	NICORETTE 6mg GUM Fruitfusion Gum (105's)
Nicotine 1.5mg lozenge (Minis) SF / 60 pack	£9.57	NiQuitin Minis Mint 1.5mg Lozenges (60's)
Nicotine 2mg lozenge SF / 36 pack	£5.12	NiQuitin Mint 2mg Lozenges (36's) (not Minis)
Nicotine 2mg lozenge SF / 72 pack	£9.61	NiQuitin Mint 2mg Lozenges (72's) (not Minis)
Nicotine 4mg lozenge SF / 36 pack	£5.91	NiQuitin 4mg Lozenges original menthol mint (36's)
Nicotine 4mg lozenge SF / 72 pack	£9.61	NiQuitin 4mg Lozenges original menthol mint (72's)
Nicotine 4mg lozenge (Minis) SF / 20 pack	£3.50	NiQuitin Minis Mint 4mg Lozenges (20's)
Nicotine 4mg lozenge (Minis) SF / 60 pack	£9.57	NiQuitin Minis Mint 4mg lozenges (60's)
Nicotine bitartrate 1mg lozenge SF / 36 pack	£4.27	NICOTINELL 1mg Lozenges (36's)
Nicotine bitartrate 1mg lozenge SF / 96 pack	£9.12	NICOTINELL 1mg Lozenges (96's)
Nicotine bitartrate 2mg lozenge SF / 36 pack	£4.95	NICOTINELL 2mg Lozenges (36's)
Nicotine bitartrate 2mg lozenge SF / 72 pack	£9.41	NICOTINELL 2mg Lozenges (72's)
Nicotine bitartrate 2mg lozenge SF / 96 pack	£10.60	NICOTINELL 2mg Lozenges (96's)
Nicotine 2mg compressed lozenge SF / 20 pack	£3.34	NICORETTE Cools 2mg lozenges (20's)
Nicotine 2mg compressed lozenge SF / 80 pack	£12.05	NICORETTE Cools 2mg Lozenge (80's)
Nicotine 4mg compressed lozenge SF / 80 pack	£12.17	NICORETTE Cools 4mg Lozenge (80's)
Nicotine 2.5mg orodispersible films (strips) / 60pk	£10.85	NiQuitin Strips Mint 2.5mg oral films (60's)
Nicotine 2.5mg orodispersible films (strips) / 60pk	£3.51	NiQuitin Strips Mint 2.5mg oral films (15's)
Nicotine 15mg inhalation cartridges +device / 4pk	£4.59	NICORETTE Inhalator 15mg (4 cartridge pack)
Nicotine 15mg inhalation cartridges +device / 20pk	£16.24	NICORETTE Inhalator 15mg (20 cartridge pack)
Nicotine 15mg inhalation cartridges +device / 36pk	£25.83	NICORETTE Inhalator 15mg (36 cartridge pack)
Nicotine 2mg sublingual tablet SF / 100 pack	£14.10	NICORETTE Microtab 2mg sublingual tabs (100's)
Nicotine nasal spray 500mcg/dose / 10ml	£14.84	NICORETTE Nasal spray, 500microgram/dose
Nicotine mouthspray 1mg/dose / 13.2 ml pack	£13.03	NICORETTE QuickMist 1mg/dose mouthspray (1x13.2ml pack = 150 doses)
Nicorette Quickmist /Duo	£19.14	NICORETTE Quickmist 1mg/dose Mouthspray Duo
Varenicline 1mg + Varenicline 0.5mg tablets		
(11x0.5mg +14x1mg) 25 tablet pack	£27.30	Champix 0.5mg/1mg 2week treatment initiation pk
(11x0.5mg +14x1mg + 28x1mg) 53 tablet pack	£54.60	Champix 0.5mg/1mg 4week treatment initiation pk
Varenicline 1mg tablets (28 pack)	£27.30	Champix 1mg tablets (28 tablet pack)
Varenicline 0.5mg tablets (28 pack)	£27.30	Champix 0.5mg tablets (28 tablet pack)
Bupropion 150mg modified-release tablets (60 pk)	£41.76	Zyban 150mg modified release tablets (60 tab pk)

- i. The 24-hour patches may be more suitable for those who experience cravings within the first 30 minutes of waking. The 16hr patch should normally be applied on waking and removed on retiring to bed. Its use may help avoid the vivid dreams and sleep disturbance, which may be

associated with the 24hr patches. Patches should be applied to dry non-hairy skin. The site of application should be rotated, avoiding the same area for several days

- ii. If gum is used, it may be offered on a fixed dose or ad lib basis. For highly dependent smokers, or those who have failed with 2 mg gum, 4 mg gum should be offered. Gum should be chewed slowly when the individual feels the urge to smoke. When the taste becomes strong the gum should be 'parked' between the gum and cheek until the taste subsides after which it should be re-chewed. The gum will become exhausted after about 30 minutes.
- iii. If lozenges are used, suck lozenge until taste becomes strong, then rest lozenge between gum and cheek. Repeat once the taste fades.
- iv. Provide short duration supplies/prescriptions (fortnightly) in early stages of the quit attempt. This can be linked to motivational support and will help reduce potential wastage.
- v. All types of licensed nicotine-containing products are available to people who smoke, as part of a harm-reduction strategy (either singly or in combination). Take into account their preference and level of dependence.
- vi. E-cigarettes not to be recommended but should provide behavioural support if this is the service user's chosen method.

References:

1. Stead, L.F., Perera, R., Bullen, C., Mant, D., Hartmann-Boyce, J., Cahill, K., Lancaster, T. (2012) Nicotine replacement therapy for smoking cessation (review). <https://www.ncbi.nlm.nih.gov/pubmed/23152200>
Accessed 22/8/17