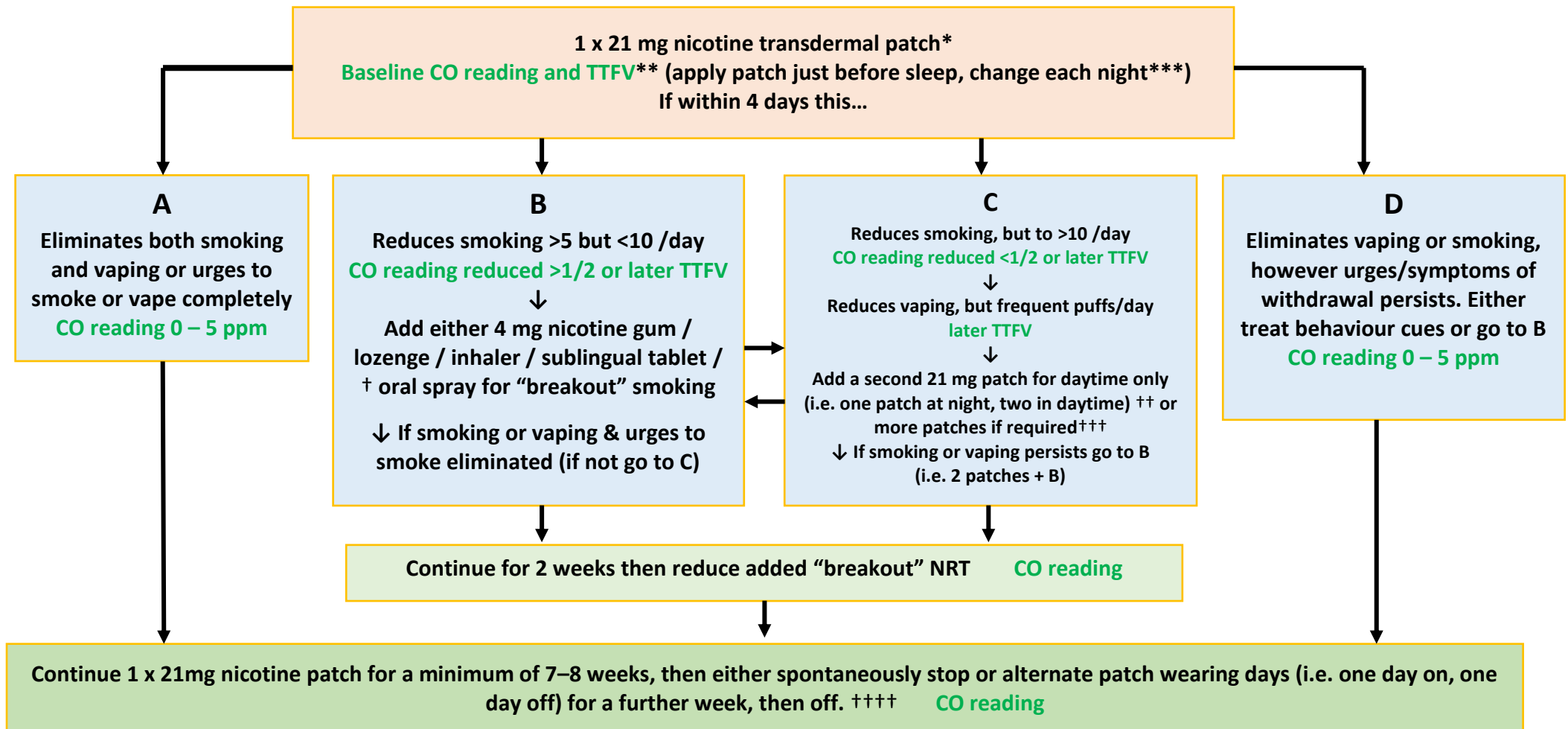


Appendix 4: Bittoun Combination Nicotine Replacement Therapy Algorithm for Dual Smoking and Vaping



*CONTRAINDICATION: RECENT CARDIOVASCULAR EVENT (within 48 hours)

**TTFV – Time To First Cigarette/or TTFV

*** Applying patch last thing before sleep allows the slow rise of nicotine overnight — the likelihood of first cigarette of the day ‘urge’ is strongly diminished.

† Either 4 mg nicotine gum or lozenge depending on patient choice. An inhaler or sublingual tablet is recommended as best choice if patient needs faster reinforcement.

†† No evidence in the literature or in our experience of toxicity. Consider reducing concentrations if nausea occurs.

††† (Pruzulj et al.,2019)

†††† There is no evidence in the literature for weaning (or reduction) of patch strengths.

(Based on: “A Combination Nicotine Replacement Therapy (NRT) Algorithm for Hard-to-Treat Smokers”, Bittoun, 2006)

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