



HME HGM HRV
 MCH MGH RVH
 HNM ITM CL
 MNH MCI LC

Reservé pour code à barre /
Reserved for bar code

CESSATION TABAGIQUE - Ordonnance médicale
SMOKING CESSATION - Physician order

Numéro de dossier/Unit number /Nom du patient/Patient's name

ALLERGIES : _____ Weight (kg): _____

Physician's initials for each order	PHYSICIAN'S ORDERS	Nurse's initials noted			
See over for titration guidelines					
	Smoking less than 10 cigarettes per day: (check one) <input type="checkbox"/> Nicotine Patch 14 mg daily x _____ weeks OR 1 gum or lozenge q 1-2 hour PRN (maximum 15 pieces daily) <input type="checkbox"/> Nicotine Lozenge 1 mg x _____ weeks OR <input type="checkbox"/> Nicotine Gum 2 mg x _____ weeks OR <input type="checkbox"/> Nicotine Lozenge 2 mg x _____ weeks				
	Smoking 10 to 20 cigarettes per day: Nicotine Patch 21 mg daily x _____ weeks AND (check one) 1 gum or lozenge q 1-2 hour PRN (maximum 15 pieces daily) <input type="checkbox"/> Nicotine Lozenge 1 mg x _____ weeks OR <input type="checkbox"/> Nicotine Gum 2 mg x _____ weeks OR <input type="checkbox"/> Nicotine Lozenge 2 mg x _____ weeks				
	Smoking 20 to 30 cigarettes per day: Nicotine Patch 28 mg daily x _____ weeks AND (check one) 1 gum or lozenge q 1-2 hour PRN (maximum 15 pieces daily) <input type="checkbox"/> Nicotine Lozenge 1 mg x _____ weeks OR <input type="checkbox"/> Nicotine Gum 2 mg x _____ weeks OR <input type="checkbox"/> Nicotine Lozenge 2 mg x _____ weeks				
	Smoking more than 30 cigarettes per day: Nicotine Patch 35 mg daily x _____ weeks AND (check one) 1 gum or lozenge q 1-2 hour PRN (maximum 15 pieces daily) <input type="checkbox"/> Nicotine Lozenge 1 mg x _____ weeks OR <input type="checkbox"/> Nicotine Gum 2 mg x _____ weeks OR <input type="checkbox"/> Nicotine Lozenge 2 mg x _____ weeks				
OTHER FIRST LINE MEDICATIONS					
	Bupropion SR (Zyban®) 150 mg po q AM x 3 days, then 150 mg po BID x _____ weeks Can be combined with nicotine replacement therapy (NRT)				
	<input type="checkbox"/> This patient is included in the IMPACT program Varenicline (Champix®) 0.5 mg po q AM x 3 days, 0.5 mg po BID x 4 days, then 1 mg po BID x _____ weeks May be combined with nicotine replacement therapy for the first week only				
	Patient is on varenicline at home: Varenicline (Champix®) 1 mg po BID x _____ weeks				
	Lettres moulées <i>Name in print</i>	Signature	N° Permis <i>License N°</i>	Heure <i>Time</i> 00:00	Date AAYY/MM/JD
Médecin <i>Physician</i>					
	Nom en lettres moulées et/ou Numéro de permis <i>Name in print and/or License Number</i>	Parapher / Initial	Heure <i>Time</i> 00:00	Date AAYY/MM/JD	
Infirmier(ère) <i>Nurse</i>					
Pharmacien(enne) <i>Pharmacist</i>					

IMPORTANT

If withdrawal or craving symptoms persist, increase patch dose by 7 mg every 24 to 48 h to a maximum of 42 mg and encourage increased use of fast acting nicotine replacement therapy (gum and lozenges) to a maximum of 15 pieces per day.

- Withdrawal & craving symptoms: desire to smoke, anger/irritability/frustration, anxiety/nervousness, sadness/loss of interest, difficulty concentrating, restlessness, increased appetite and insomnia.
- Ensure patient has fast acting NRT at bedside for easy access.
- Always review and assess proper use of nicotine replacement therapy (as outlined below).
 - Eating and drinking anything except water should be avoided for 15 minutes before and during use of fast acting NRT.
 - Nicotine gum should be chewed slowly until the taste becomes strong then placed between the cheek and the gums for one minute. Repeat and discard after 30 minutes.
- Patch may be removed at bedtime if patient complains of “insomnia and/or nightmares”.
- It may be necessary for some patients to remain on NRT longer than the protocol below. Extension over 12 weeks may not be covered by their insurance.
- If patient continues to have the urge to smoke, please consult smoking cessation practitioner.

Guidelines for the Titration of Nicotine Replacement Therapy

Patient should consult a family doctor or a pharmacist 2 - 4 weeks after discharge

Smoking less than 10 cigarettes per day	Smoking 10 - 20 cigarettes per day	Smoking 20 - 30 cigarettes per day	Smoking more than 30 cigarettes per day
Long acting nicotine therapy (daily)			
Nicotine patch 14 mg X 6 weeks	Nicotine patch 21 mg X 6 weeks	Nicotine patch 28 mg X 4 weeks	Nicotine patch 35 mg X 4 weeks
Nicotine patch 7 mg X 4-6 weeks	Nicotine patch 14 mg X 4 weeks	Nicotine patch 21 mg X 4 weeks	Nicotine patch 28 mg X 2 weeks
	Nicotine patch 7 mg X 2 weeks	Nicotine patch 14 mg X 2 weeks	Nicotine patch 21 mg X 2 weeks
		Nicotine patch 7 mg X 2 weeks	Nicotine patch 14 mg X 2 weeks
			Nicotine patch 7 mg X 2 weeks
Watch for <u>symptoms of overdose</u> : nausea, excessive salivation, sweating, headache and palpitations			
Fast acting nicotine therapy (week 1 to week 12)			
Nicotine (Thrive®) Lozenge 1 or 2 mg and Nicotine (Nicorette®) Gum 2 mg			
Use fast acting as needed to relieve withdrawal & craving symptoms every 1 - 2 h (maximum 15 pieces per day)			
Other first line medications			
Bupropion (Zyban®) 150 mg daily (day 1-3) then BID (day 4 to week 12)			
<ul style="list-style-type: none"> • It may be necessary to have the dose lowered temporarily or permanently if patient experiences nausea or other side effects. <p><u>Contraindications</u>: history of seizures or eating disorder, concomitant use of another form of Bupropion, MAO inhibitor use in the past 14 days or a recent history of discontinuation of alcohol or sedatives.</p>			
Varenicline (Champix®) 0.5 mg daily (day 1-3), 0.5mg BID (day 4-7) then 1 mg (week 2 to week 12)			
<ul style="list-style-type: none"> • May be extended up to 24 weeks if not smoking at 12 weeks. • It may be necessary to decrease the dose temporarily or permanently if patient experiences nausea or other side effects. <p><u>Contraindications</u>: Severe renal failure and concomitant use of cimetidine. Observe for neuropsychiatric side effects particularly in context of past depression or suicide attempt.</p>			