

COMBINATION NICOTINE REPLACEMENT THERAPY (NRT)

RECOMMENDED STARTING DOSE

DAILY CIGARETTE CONSUMPTION

	
LESS THAN 10	10 OR MORE
14 MG +  2 MG LOZENGES OR  2 MG GUM	21 MG +  2 MG LOZENGES* OR  2 MG GUM*

DIP/CHEW CONSUMPTION

CALCULATE YOUR SCORE BY ADDING THE POINTS FROM EACH QUESTION TOGETHER.

HOW MANY CANS OR POUCHES DO YOU USE PER WEEK?		
		
> 3 [2 POINTS] 2-3 [1 POINT] 1 [0 POINTS]		
+		
HOW SOON AFTER YOU WAKE UP DO YOU PLACE YOUR FIRST DIP?		
WITHIN 5 MINUTES [3 POINTS]	6-30 MINUTES [2 POINTS]	31-60 MINUTES [1 POINT]
AFTER 60 MINUTES [0 POINTS]		
SCORE: 1-2  +  2 MG LOZENGES OR  2 MG GUM	SCORE: 3-4  +  2 MG LOZENGES OR  2 MG GUM	SCORE: 5  +  4 MG LOZENGES OR  4 MG GUM

*4 MG LOZENGES OR GUM CAN BE CONSIDERED FOR HIGHLY DEPENDENT PATIENTS.

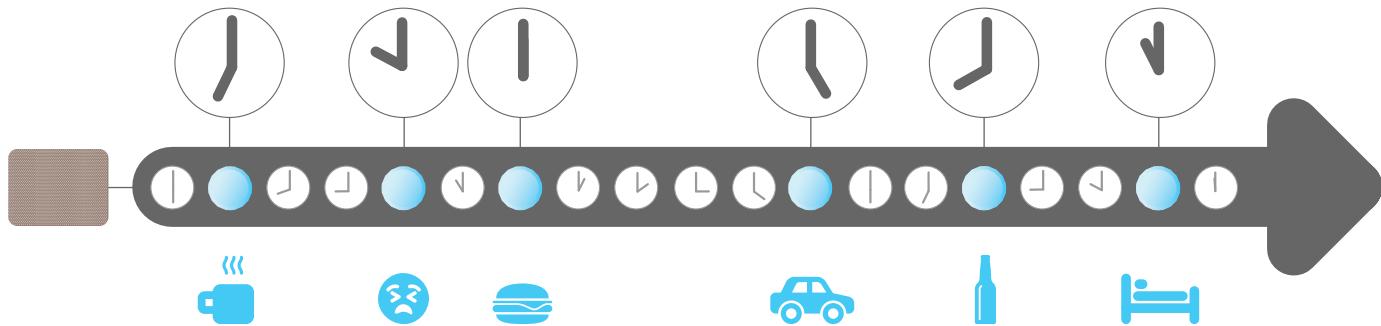


NICOTINE PATCH
USE 1 PATCH EVERY 24 HOURS TO MAINTAIN BASAL NICOTINE LEVELS.



SHORT-ACTING NRT
USE 6-10 LOZENGES OR PIECES OF GUM PER DAY AS NEEDED FOR BREAKTHROUGH CRAVINGS.

EXAMPLE COMBO NRT USE FOR 1 DAY



REDUCE DOSAGE OVER THE NEXT 2–6 MONTHS

EXAMPLE TAPER SCHEDULE

WEEK 1	21 MG	+	● ● ● ● ● ●		WEEK 5	14 MG	+	● ● ● ●
WEEK 2	21 MG	+	● ● ● ●		WEEK 6	14 MG	+	● ●
WEEK 3	21 MG	+	● ●		WEEK 7	7 MG	+	● ● ●
WEEK 4	21 MG	+	●		WEEK 8	7 MG	+	●

TAPERING MAY BE EXTENDED PAST 6 MONTHS, PARTICULARLY FOR PATIENTS WITH HIGH NICOTINE DEPENDENCE OR TROUBLE REDUCING THE DOSE OF NRT.

PATIENTS HAVE A BETTER CHANCE OF QUITTING WHEN THEY COMBINE MEDICATION WITH BEHAVIORAL COUNSELING. THE VA QUITLINE OFFERS CONVENIENT TELEPHONE COUNSELING FOR PATIENTS AT **1-855-QUIT-VET/1-855-784-8838**.

GET ENCOURAGING AND INFORMATIVE MESSAGES FROM **SMOKEFREEVET TEXT**.
TEXT **VET TO 47848** OR GO TO **SMOKEFREE.GOV/VET**.

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