

This sample order sheet is meant to be used as a guideline to assist the physician and healthcare organization provide pharmacological support to the patient with tobacco dependency. The drug therapies recommended are not necessarily endorsed by CMS or HSAG. It is not meant to replace internal processes of physician order development and approval.

TOBACCO DEPENDENCE TREATMENT PHYSICIAN ORDERS (SAMPLE)

- Provide educational materials about smoking cessation and a brief counseling intervention.
- Referral to a tobacco dependence counseling program.

Pharmacotherapies can double or triple a patient's chance of abstinence.

FIRST LINE THERAPY

Bupropion SR (Zyban)—150 mg every AM, PO for 3 days, after 3 days, 150 mg PO b.i.d. Do not give if patient is pregnant or lactating, history of seizures or eating disorder, already taking Welbutrin or on an MAO inhibitor within 14 days.

Nicoderm Patch—21 mg in 24 hours. Apply patch as soon as patient awakens each AM. May reduce to 16-hour patch if patient experiences sleep disruption. Notify physician if localized skin reaction occurs.

Nicotine Gum

- 2 mg dose up to 24 pieces per day if patient smokes < 25 cigarettes per day
- 4 mg dose up to 24 pieces per day if patient smokes > 24 cigarettes per day

Nicotine Nasal Spray (Nicotrol)—One 0.5 mg delivery to each nostril (1 mg total). Initial dosing should be 1–2 doses per hour, increasing as needed for symptom relief. Minimum treatment is 8 doses/day and maximum limit is 40 doses/day or 5 doses/hour.

Nicotine Inhaler (Nicotrol Inhaler)—Administer 6–16 4 mg dose cartridges per day. Instruct patient to drink only water for 15 minutes before and during inhalation. Best effects are achieved by frequent puffing.

Nicotine Lozenge (Commit)—One lozenge q 1 to 2 hours, weeks 1 to 6; one lozenge q 2 to 4 hours, weeks 7 to 9; one lozenge q 4 to 8 hours weeks 10 to 12. Do not use more than 5 lozenges in 6 hours. Do not use more than 20 lozenges per day.

SECOND LINE THERAPIES, To Be Used in Conjunction with First Line Therapy

Clonidine

0.15–0.75 mg/day PO

0.10–0.20 mg/day Transdermal patch. Observe for skin reactions for local therapy.

Rotate patch sites daily. Report local skin reactions to physician.

Nortriptyline 25 mg q.d. PO

Use with extreme caution in patients with cardiovascular disease. Observe for onset of cardiac arrhythmias, angina, hypertension or other side effects. Notify physician immediately.

AT DISCHARGE

Prescription for Bupropion SR (Zyban) 150 mg b.i.d. x 8 weeks.
Follow-up with office if additional medication is needed.

Prescription for Nicotine Replacement Therapy as above.

Physician Signature: _____ **Date:** _____