



COMBINATION NICOTINE REPLACEMENT THERAPY (NRT)



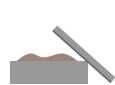
RECOMMENDED STARTING DOSE

DAILY CIGARETTE CONSUMPTION

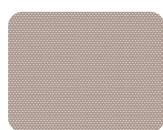
 <p>LESS THAN 10</p>	 <p>10 OR MORE</p>
<p>14MG</p> <p>+</p> <p>●●●●●●●●</p> <p>2MG LOZENGES</p> <p>OR</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> <p>2MG GUM</p>	<p>21MG</p> <p>+</p> <p>●●●●●●●●</p> <p>2MG LOZENGES*</p> <p>OR</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> <p>2MG GUM*</p>

DIP/CHEW CONSUMPTION

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

<p>HOW MANY CANS OR POUCHES DO YOU USE PER WEEK?</p>			
 <p>> 3 [2 POINTS]</p>	 <p>2-3 [1 POINT]</p>	 <p>1 [0 POINTS]</p>	
<p>+</p>			
<p>HOW SOON AFTER YOU WAKE UP DO YOU PLACE YOUR FIRST DIP?</p>			
<p>WITHIN 5 MINUTES [3 POINTS]</p>	<p>6-30 MINUTES [2 POINTS]</p>	<p>31-60 MINUTES [1 POINT]</p>	<p>AFTER 60 MINUTES [0 POINTS]</p>
<p>SCORE: 1-2</p> <p>14MG</p> <p>+</p> <p>●●●●●●●●</p> <p>2MG LOZENGES</p> <p>OR</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> <p>2MG GUM</p>	<p>SCORE: 3-4</p> <p>21MG</p> <p>+</p> <p>●●●●●●●●</p> <p>2MG LOZENGES</p> <p>OR</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> <p>2MG GUM</p>	<p>SCORE: 5</p> <p>21MG</p> <p>+</p> <p>●●●●●●●●</p> <p>4MG LOZENGES</p> <p>OR</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> <p>4MG GUM</p>	

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



NICOTINE PATCH

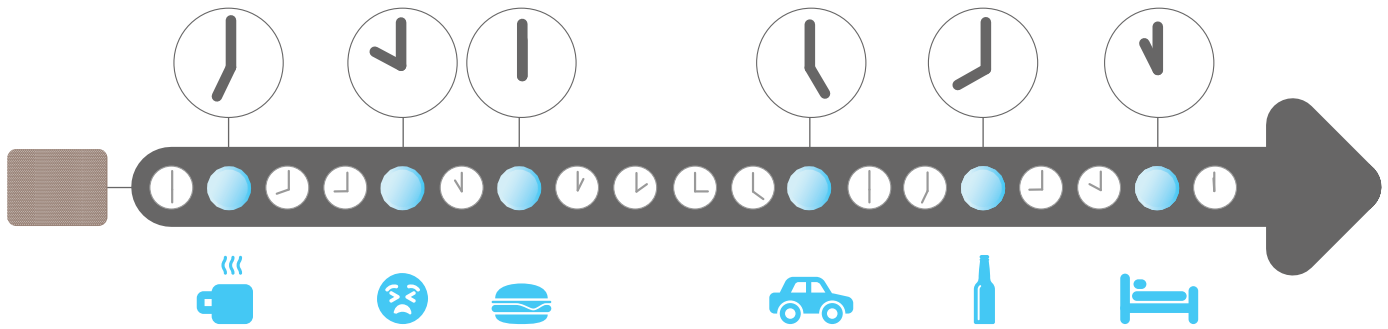
USE 1 PATCH EVERY 24 HOURS TO MAINTAIN BASAL NICOTINE LEVELS.



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



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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