



# Alameda County, CA - New Guide for Tobacco Treatment

Be sure patient gets counseling, but no certificate is needed for Medi-Cal.

**\*\*\*Send copy of "Medi-Cal Pharmacy Bulletin 746" to the pharmacy**

THESE RECOMMENDATIONS ARE APPROXIMATIONS.

WHEN THEY ARE NOT WORKING, ADJUSTMENTS NEED TO BE MADE

Medi-Cal FFS, Alameda Alliance & Blue Cross

## NICOTINE PATCH & GUM

### 1 Pack (20cigs) / Day

#### Nicotine patch

Then	21 mg	4 weeks	1 refills
Then	14 mg	2 weeks	0 refills
Then	7 mg	2 weeks	0 refills

Apply patch morning of quit date & remove next morning + apply new patch

### Half Pack (10cigs) / Day

#### Nicotine patch

Then	14 mg	4 weeks	1 refills
	7 mg	4 weeks	0 refills

Apply patch morning of quit date & remove next morning + apply new patch

### 4 Mg Flavored Nicotine gum or lozenge

Then	4mg upto 6/day	4wks	0refills (#168) qs
Then	4mg upto 4/day	4wks	0refills (#112) qs
Then	4mg upto 2/day	4wks	1refills (#56) qs

Chew gum until tongue tingly / suck lozenge. Park between cheek and gum until not tingly. Use max. 30 minutes. Dispense 4 weeks at a time. Cut gum in half if too strong

### 4 Mg Flavored Nicotine gum or lozenge

Then	4mg upto 4/day	4weeks	0refills(#112) qs
Then	4mg upto 2/day	4weeks	0refills (#56) qs

Chew gum until tongue tingly / suck lozenge. Park between cheek and gum until not tingly. Use max. 30 minutes. Dispense 4 weeks at a time. Cut gum in half if too strong

Qs=quantity sufficient

## CHANTIX

### Chantix Starter box

0.5 mg po qam x 3  
Then  
0.5 mg po bid x 4  
Then quit smoking

1 mg po bid  
1 package  
0 refills

### Continuing box

1 mg po bid  
1 package  
2 refills  
If success, continue x3 months.

\*requires PAR and Prescription for Blue Cross.

\*No TAR, no quit certificate required for Medi-Cal Fee-For-Service or Alameda Alliance

\*\*\*Send copy of Medi-Cal Pharmacy Bulletin 746-no certificate and 754-no TAR for Chantix

Take pill with a full meal and a glass of water.



## Bupropion / Zyban

### Bupropion SR 150 mg #60

1 po qam 3 days  
Then 1 po bid 4 days  
then quit smoking  
Cont. 1 po bid 2 refills

For Medi-Cal FFS only: patient should have depression dx.

### Zyban 150 mg #60

1 po qam 3 days  
Then 1 po bid 4 days  
then quit smoking  
Cont. 1 po bid 2 refills

Medi-Cal FFS only: If no depression

Medi-Cal FFS only

Alameda Alliance / Blue Cross

## MONOTHERAPY WITH GUM—use on schedule, not for cravings

### 1 Pack (20cigs) / Day

#### Nicotine gum or lozenge

12 pieces-Alameda Alliance	- a day for 4 weeks qs
10 pieces-FFS	
8 pieces a day for 4 weeks	224 qs
4 pieces a day for 4 weeks	112 qs
then up to 2 pieces a day for 4 weeks and prn	

### Half Pack (10cigs) / Day

#### Nicotine gum or lozenge

9 pieces a day x 4 weeks	252 qs
4 pieces a day x 4 weeks	112 qs
2 pieces a day x 4 weeks	56 qs

## Deciding how much nicotine to prescribe - some general guidelines

- Dose patch at about 1 mg per cigarette and taper gradually.
- If patient smokes more than 1 pack of cigarettes per day, may need more than one patch initially or added NRT.
- Ideally, supplement with 4 mg nicotine gum for breakthrough cravings. If too strong, have patient cut gum in half.

20 cigarettes in a pack.

Each cig = 2mg nicotine

2 mg gum = 0.8mg nicotine

4mg gum = 1.5 mg nicotine

(Osinubi, Slade 2002).

## Medicare Part D

- Check client's plan for pharmacy formulary online to see what is covered
- No Over The Counter meds covered
- Patients with Medicare Medi-Cal will cover patch when pharmacy plan does not.

### Signs of too much nicotine:

Nausea, Diarrhea, Vomiting, Rapid heartbeat, Cold sweats, Blurred vision, Dizziness, Headaches, Drooling

Too much nicotine is rare. More often need more nicotine

Advisory: If patient is taking 6 other prescription medication on any Medi-Cal a Tar or PAR will be required for additional meds.

Medi-Cal Fee For Service (FFS) no longer requires a quit certificate for patch or Zyban (per Medi-Cal pharmacy bulletin 746, March 1, 2011). SEND A COPY OF THE BULLETIN TO THE PHARMACY WITH YOUR PRESCRIPTION to avoid confusion with old Medi-Cal requirements. Evidence based treatment is the combination of counseling+medication (~40% success rate with +counseling, compared to ~20% when it is only medication).

Medi-Cal expects the patient to still get counseling. Refer to the California Smokers' Helpline for excellent counseling 1-800-NO-BUTTS (1-800-456-6386 for Spanish). If available, refer to on-site tobacco health educator.



**Alameda Alliance formulary now covers Nicotine Nasal Spray and Inhaler without PAR**

These two medications can be helpful for patients who really want to quit and are struggling. They can be used alone or in combination with nicotine patch. The inhaler is really a puffer that does not discharge vapor in the environment like e-cigarettes and can help with hand to mouth. It is a cartridge in a white plastic tube that looks like a cigarette. The nasal spray is the most rapid acting NRT (effect in 13 minutes). It can be helpful to have the patient get the nasal spray and bring it for

first use with nurse or provider because it often coughing at first but patients rapidly develop tolerance to it.

<b>Patch + Nicotrol Inhaler</b>	
<b>1 Pack (20cigs) / Day</b>	<b>Half Pack (10cigs) / Day</b>
<p><b>Nicotine patch</b></p> <p>21 mg    4 weeks    1 refills            Then 14 mg    2 weeks    0 refills            Then 7 mg    2 weeks    0 refills</p> <p><i>Apply patch morning of quit date &amp; remove next morning + apply new patch</i></p>	<p><b>Nicotine patch</b></p> <p>14 mg    4 weeks    1 refills            Then 7 mg    4 weeks    0 refills</p> <p><i>Apply patch morning of quit date &amp; remove next morning + apply new patch</i></p>
<p>168 Nicotrol cartridges for 30 days</p> <p>Inhale by sucking repeatedly on a schedule up to 6 cartridges/day replace cartridge if empty-taper after 2-3 months QS</p>	<p>84 Nicotrol cartridges for 30 days</p> <p>Inhale by sucking repeatedly on a schedule up to 6 cartridges/day replace cartridge if empty-taper after 2-3 months QS</p>

<b>Monotherapy with Inhaler</b>	
<p>504 Nicotrol cartridges for 30 days</p> <p>Inhale by sucking repeatedly on a schedule up to 16 cartridges/day- replace cartridges if empty-taper after 2-3 months QS</p>	<p>250 Nicotrol cartridges for 30 days</p> <p>Inhale by sucking repeatedly on a schedule up to 16 cartridges/day- replace cartridges if empty-taper after 2-3 months QS</p>

<b>Nasal Spray</b>	
<b>1 Pack (20cigs) / Day</b>	<b>Half Pack (10cigs) / Day</b>
<p><b>Nicotine patch</b></p> <p>21 mg    4 weeks    1 refills            Then 14 mg    2 weeks    0 refills            Then 7 mg    2 weeks    0 refills</p> <p><i>Apply patch morning of quit date &amp; remove next morning + apply new patch</i></p>	<p><b>Nicotine patch</b></p> <p>14 mg    4 weeks    1 refills            Then 7 mg    4 weeks    0 refills</p> <p><i>Apply patch morning of quit date &amp; remove next morning + apply new patch</i></p>
<p>Nicotrol nasal Spray #12 10cc bottles for 30 days</p> <p>Up to 26 (.5mg) sprays per day on a schedule. Do not sniff up may cause coughing at first that should resolve. Taper after 2-3 months. QS</p>	<p>Nicotrol nasal Spray #6 10cc bottles for 30 days</p> <p>Up to 26 (.5mg) sprays per day on a schedule. Do not sniff up may cause coughing at first that should resolve. Taper after 2-3 months. QS</p>

<b>Monotherapy with Nasal Spray</b>	
<p>Nicotrol nasal Spray #5 3 10cc bottles for 30 days</p> <p>Up to 30 (.5mg) sprays per day on a schedule. Do not sniff up may cause coughing at first that should resolve. Taper after 2-3 months. QS</p>	<p>Nicotrol nasal Spray #5 10cc bottles for 30 days</p> <p>Up to 30 (.5mg) sprays per day on a schedule. Do not sniff up may cause coughing at first that should resolve. Taper after 2-3 months. QS</p>