

Combination therapy

- Some chronic smokers have difficulty using only one type of NRT. For these smokers, combination therapies are recommended
 - eg: 21mg/24hr or 15mg/16hr patch with 2mg gum or lozenge. (Kornitzer et al 1995)
 - 4mg gum should be reserved for more dependent smokers (ADGHA. Smoking Cessation Guidelines for Australian General Practice, 2004)
- If patients are unable to remain abstinent or continue to experience withdrawal symptoms when using one form of NRT, combination therapy should be used (ADGHA. Smoking Cessation Guidelines for Australian General Practice, 2004).
- Combination therapy has been found to almost double cessation rates, compared to only one type of therapy (Fiore et al, 2000)
- Some may also benefit from more than one patch initially to ensure adequate nicotine blood levels (Bittoun, 2006)
- There is insufficient evidence on the effectiveness of combining NRT with Bupropion or Champix

