





Table 1. Quick guide to types of nicotine replacement therapy (NRT) registered in Singapore

Type		Features + Advantages - Disadvantages	How to use	Other considerations	Dosing recommendations														
Long-acting [Long-acting form of NRT can be used in combination with a short-acting form, i.e. combination NRT]	Patch 	<ul style="list-style-type: none"> + Discreet and simple to use + Control of baseline cravings - Slow release of nicotine, may not curb acute cravings - Less flexible dosing - Potential for skin irritation and sleep disturbance 	<ul style="list-style-type: none"> • Paste one patch per day (may or may not remove before sleep, depending on product and patient preference/needs e.g., sleep disturbance, morning cravings) • Reduce dose over time 	<ul style="list-style-type: none"> • Paste patch on a clean, dry area of hairless skin • Apply to a different site each day to reduce skin irritation • Keep patch on while swimming or showering 	<p>Nicotinell (24h patch)*</p> <table border="1"> <tr> <td rowspan="2">>20 cigarettes a day</td> <td>1 4 weeks 21 mg</td> <td>2 4 weeks 14 mg</td> <td>3 4 weeks 7 mg</td> </tr> <tr> <td>1 4 weeks 14 mg</td> <td colspan="2">2 8 weeks 7 mg</td> </tr> </table> <p>Nicorette (16h patch)</p> <table border="1"> <tr> <td rowspan="2">≥15 cigarettes a day</td> <td>1 8 weeks 25 mg</td> <td>2 2 weeks 15 mg</td> <td>3 2 weeks 10 mg</td> </tr> <tr> <td>1 8 weeks 15 mg</td> <td colspan="2">2 4 weeks 10 mg</td> </tr> </table>	>20 cigarettes a day	1 4 weeks 21 mg	2 4 weeks 14 mg	3 4 weeks 7 mg	1 4 weeks 14 mg	2 8 weeks 7 mg		≥15 cigarettes a day	1 8 weeks 25 mg	2 2 weeks 15 mg	3 2 weeks 10 mg	1 8 weeks 15 mg	2 4 weeks 10 mg	
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Short-acting	Gum 	<ul style="list-style-type: none"> + Flexible as-needed dosing + Flavoured options + Less risk of sleep disturbance + Chewing motion may be useful as a substitute for habitual smokers - Smokers with dentures may experience difficulty in chewing - More conscious effort needed to correctly perform the 'park and chew' technique 	<ul style="list-style-type: none"> • Take one when urge to smoke occurs • Chew and park technique: Chew slowly until the taste becomes strong, then rest the gum between cheek and gums. Chew again when taste has faded, and repeat for about 30min • Taper usage over time as tolerated 	<ul style="list-style-type: none"> • Do not eat or drink during use. Avoid acidic food or drinks 15 min before use • Do not use more than 1 at a time • Side effects usually occur due to intense chewing or sucking, and are dose-dependent 	<p>Chew one gum when the urge to smoke occurs.</p> <p>Nicotinell</p> <table border="1"> <tr> <td>1 12 weeks 1 every 1–2 hours</td> <td>2 Gradually reduce till not needed</td> </tr> </table> <p>Usual dose: 8–12 gums/day Max dose: 24 gums/day (2 mg) and 15 gums/day (4 mg)</p> <p>Nicorette*</p> <table border="1"> <tr> <td>1 12 weeks 8–12 gums/day</td> <td>2 2 weeks 4–6 gums/day</td> <td>3 2 weeks 1–3 gums/day</td> </tr> </table> <p>Gradually reduce to 0 at Step 3 Max dose: 30 gums/day (2 mg) and 24 gums/day (4 mg)</p> <p>The 4 mg gum is recommended for smokers who are highly dependent (e.g. smoking >20 cigarettes per day or first smoke ≤30 minutes upon waking) or those with failed quit attempts with NRT.</p>	1 12 weeks 1 every 1–2 hours	2 Gradually reduce till not needed	1 12 weeks 8–12 gums/day	2 2 weeks 4–6 gums/day	3 2 weeks 1–3 gums/day									
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List of products in Table 1 is current at time of publication. Refer to the local product inserts for full information, including detailed dosing recommendations, contraindications, precautions and side effects.

*Available on government subsidy list

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Short-acting	Lozenge  <ul style="list-style-type: none"> + Flexible as-needed dosing + Flavoured options + Less risk of sleep disturbance + More discreet, provides a more consistent and steady release of nicotine - Nicotine released in milder 'bursts' (compared to other short-acting options), less helpful for intense cravings 	<ul style="list-style-type: none"> • Take one when urge to smoke occurs • Slowly dissolve lozenge in mouth, periodically moving it from one side of the mouth to the other, until completely dissolved • Do not chew or swallow • Taper usage over time as tolerated 	<ul style="list-style-type: none"> • Do not eat or drink during use. Avoid acidic food or drinks 15 min before use • Do not use more than 1 at a time • Side effects usually occur due to intense chewing or sucking, and are dose-dependent 	<p>Nicotinell*</p> <p>When the urge to smoke occurs</p> <table border="1"> <tr> <td>12 weeks</td> </tr> <tr> <td>1 every 1–2 hours</td> </tr> </table> <p>Usual dose: 8–12 lozenges/day Max dose: 20 lozenges/day</p> <p>Skiip</p> <table border="1"> <tr> <td>2 mg smokers with low nicotine dependence</td> <td>4 mg smokers with high nicotine dependence</td> </tr> </table> <table border="1"> <tr> <td>1 6 weeks</td> <td>2 3 weeks</td> <td>3 3 weeks</td> </tr> <tr> <td>1 every 1–2 hrs</td> <td>1 every 2–4 hrs</td> <td>1 every 4–8 hrs</td> </tr> </table> <p>Max dose: 15 lozenges/day</p>	12 weeks	1 every 1–2 hours	2 mg smokers with low nicotine dependence	4 mg smokers with high nicotine dependence	1 6 weeks	2 3 weeks	3 3 weeks	1 every 1–2 hrs	1 every 2–4 hrs	1 every 4–8 hrs
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Mouth spray  <ul style="list-style-type: none"> + Flexible as-needed dosing + Fastest onset of effect + Less risk of sleep disturbance - Potential need for more frequent use due to shorter duration of effect - May not address habitual aspects of smoking - Not as discreet in formal or public settings 	<ul style="list-style-type: none"> • Spray into mouth when urge to smoke occurs. Do not inhale when spraying, and do not swallow for a few seconds after spraying • Taper usage over time as tolerated 	<ul style="list-style-type: none"> • Contains alcohol (<100 mg per spray) • Side effects may occur due to poor technique, and are dose-dependent 	<table border="1"> <tr> <td>Step 1</td> <td>Step 2</td> <td>Step 3</td> </tr> <tr> <td>1 Use 1–2 sprays when the urge to smoke occurs for 6 weeks.</td> <td>2 Reduce the average number of sprays/day to half of that in Step 1 by the end of week 9.</td> <td>3 Continue reducing the number of sprays/day to no more than 3 during week 12, and then stop thereafter.</td> </tr> </table> <p>Max dose: 2 sprays at a time 3 sprays per hour 48 sprays per day</p>	Step 1	Step 2	Step 3	1 Use 1–2 sprays when the urge to smoke occurs for 6 weeks.	2 Reduce the average number of sprays/day to half of that in Step 1 by the end of week 9.	3 Continue reducing the number of sprays/day to no more than 3 during week 12, and then stop thereafter.					
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