withdrawal symptoms (3.0=severe, 1=slight, 2=mild, 3=moderate, 4=severe)

2. ASK about Symptoms: over past 24 hrs
0=none, 1=slight, 2=mild, 3=moderate, 4=severe
1. Anxious/irritable/frustrated 0 1 2 3 4
2. Anxious/irritable/frustrated 0 1 2 3 4
3. Depressed mood/sad 0 1 2 3 4
4. Difficulty/concentrating 0 1 2 3 4
5. Increased appetite 0 1 2 3 4
6. Insomnia/poor sleep 0 1 2 3 4
7. Restless 0 1 2 3 4
8. Impatient 0 1 2 3 4

3. DOSE: Use Above NRT Dosing for ANY acute withdrawal symptoms (scale 1 to 4, slight to severe).

DECREASING OR DISCONTINUING NRT
NRT (patch or lozenge) can cause side effects.
1. Palpitations/chest pains
2. Nausea/vomiting
3. Heartburn/indigestion
4. Skin irritations (patch)
5. Mouth/throat soreness (oral NRT)
6. Mouth ulcers (oral NRT)
7. Hiccoughs

If any above symptoms occur and are unexplained by the current medical condition (particularly nausea), this may be due to over-replacement of nicotine.

O Hold Patch and PRN dose for 8 hours, then restart at ½ dose if needed.
O If continued symptom after 8 hours, unlikely due to nicotine replacement therapy
O If symptoms recur after restarting at lower dose, discontinue the NRT protocol