

ADDENDUM

The DHSSPS distributed a letter in January containing new information from a Working Group of the Committee on Safety of Medicines, which facilitates the wider access of NRT among at-risk populations. Most of the advice is in line with these NHSSB Guidelines which had already been printed and this addendum aims to provide a summary of additional information based on the Working Group's recommendations. Full information on the recommendations is available on the Medicines and Healthcare products Regulatory Agency's website at www.mhra.gov.uk.

People with diabetes	Nicotine releases catecholamines which can affect carbohydrate metabolism. Diabetic patients should be advised to monitor their blood sugar levels more closely than usual when starting NRT.
People with serious kidney or liver problems	NRT should be used with caution in patients with moderate to severe hepatic impairment and/or severe renal impairment, as the clearance of nicotine or its metabolites may be decreased, with the potential for increased adverse effects.
Pregnant smokers	As stated in these Guidelines, intermittent forms of NRT are preferable during pregnancy although a patch <i>may be appropriate</i> if nausea and/or vomiting are a problem, but the patch should be removed before going to bed at night.
Interactions with NRT	The only possible interaction that is directly attributable to NRT is with adenosine (adverse haemodynamic effects). Other interactions are as a result of quitting smoking.
Combination of NRT products	The Working Group recommended that warnings on NRT products not to use more than one product at a time should be removed, to allow the most appropriate combination to be identified for smokers. At this stage the NHSSB would recommend that initially one product is used with the patient being assessed for additional product need at follow-up appointments e.g. for heavy smokers initially only patches used but at later stages an intermittent product may additionally be required, such as gum. It is hoped that further guidance will be provided to Specialist Providers in the near future.
Disposal of NRT products	In small children high doses of nicotine are dangerous and can be fatal. Products should be kept out of the reach and sight of children at all times. All NRT products should be disposed of with care.