



GPS Map Camera
Sri Ganganagar, Rajasthan, India
WWJ3+QF9, Sri Ganganagar, Rajasthan 335001, India
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04/10/23 01:30 PM GMT +05:30



TOBACCO CESSATION PROTOCOL



SCREEN YOUR LUNGS BY

- BY CARBONMONOXIDE BREATH ANALYZIER
- BY SPIROMETRY
- BY ESTIMATING THE LEVEL OF SERUM CARBOXYHAEMOGLOBIN

Counsel the patient with 5 "As"



ASK

Ask patient about commercial tobacco use and exposure to secondhand smoke



ADVISE

Offer clear, strong, personal advice to quit



ASSESS

Assess willingness to quit



ASSIST

Provide assistance in quitting (counseling, referrals, medications & NRT)

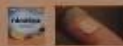
Nicotine replacement therapy (NRT) products can increase your chances of quitting tobacco smoking by using one or more than one product at a time?

What are the options?

PATCHES

They're worn on your skin, and slowly release nicotine.

Dosage: patch of 7 or 14 mg wear for 16 to 24 hour.



GUM

Unlike regular gum, nicotine gum works by chewing and then placing in the side of your mouth. Dosage: 2 mg or 4 mg available that release nicotine over 15 to 30 minute period of oral use.



LOZENGES

As the lozenge dissolves, nicotine is absorbed through the lining of your mouth. Dosage: 2 mg or 4 mg available that release nicotine over 15 to 30 minute period of oral use.



MOUTH SPRAY

Relieves cravings of smoking fastest. Aim and spray inside of your cheek or under your tongue.

Dosage: 0.5 mg of nicotine per 50-uL squirt.



INHALER

Releases nicotine into your mouth when you inhale it. Mimics the hand-to-mouth habit of smoking. Dosage: inhaler cartridge contains 10 mg nicotine, of which up to 4 mg can be delivered and 2 mg can be absorbed.



OTHERS

Electronic cigarettes known as e-cigarette, which is electronic nicotine delivery systems that delivers nicotine through inhaling vapors without burning tobacco.

MEDICATIONS

1st line drug - Bupropion hydrochloride
Start with 150 mg twice a day for 3 days then increase to 300 mg twice a day for 7-14 days. Do not take with other antidepressants.



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TOBACCO CESSATION CENTRE
तम्बाकू मुक्ति केन्द्र
SURENDRA DENTAL COLLEGE & RESEARCH INSTITUTE
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