

**Prescribing tip for information**

**Fact - 136,000 people in Lancashire smoke, yet smoking continues to be the major preventable cause of premature death and major disease.**

Our local Quit Squad offers free advice and support for any smoker over the age of 12 years old. They provide information about all available stop smoking products. They also help with preparation and planning, weight management, stress management and all clients receive a Quit Squad pack with a range of support materials.

**How to refer**

1. Call Freephone 0800 328 6297 and self-refer
2. Go online and [self-refer to Quit Squad](#)
3. Health care professionals can [refer to Quit Squad](#) online

Community drop-in sessions (No appointment required)	
Monday 5.00pm - 7.30pm	Minerva Health Centre, Lowthorpe Road, Preston
Tuesday 5.00pm - 7.30pm	Chorley Health Centre, Collison Avenue, Chorley
Wednesday 5.00pm - 7.30pm	Leyland Clinic, Yewlands Drive, Leyland
Thursday 5.00pm - 7.00pm	St Leonards Church, Marshalls Brow, Penwortham
Saturday 9.00am - 11.30am	Minerva Health Centre, Lowthorpe Road, Preston

Quit Squad also offer 1-1 appointment only sessions at various locations and work in partnership with a number of local community pharmacies who are able to provide an intermediate stop smoking service.

- Smoking cessation therapies are more likely to succeed for patients who are motivated to stop smoking and who are provided with additional advice and support.

**It is recommended, where possible, that all smoking cessation therapies are used in conjunction with a behavioural support programme such as those provided by Quit Squad or community pharmacies.**

**Greater Preston and Chorley & South Ribble CCGs spent £35,270 on Nicotine replacement therapy (NRT) last year. Funding for smoking cessation services and prescribing NRT products lies with the Quit Squad/ Lancashire County Council. Please do not prescribe NRT products – refer your patients to the Quit Squad.**

Varenicline (Champix) and Bupropion (Zyban) will continue to be prescribed by GPs if requested by the Quit squad.

**Please be aware that smoking cessation affects the metabolism of some drugs and medical conditions:**

Drug or medical condition	Effect of stopping smoking
Psychiatric illness	Smoking cessation can exacerbate psychiatric illnesses, with or without pharmacotherapy. Extra monitoring/counselling is recommended for these patients
Theophylline, Olanzapine and Clozapine	The metabolism of these drugs may be induced by smoking. Subsequently clearance of the drug is decreased if smoking stopped, so drug levels may rise. Dose adjustment may be necessary.
Lithium	Dose adjustment may be necessary if smoking started or stopped during treatment.
Warfarin	Smoking cessation may exaggerate the effect of warfarin and may necessitate a dose reduction. Monitor INR levels regularly.
Insulin	Smoking cessation can alter glucose levels. Careful blood glucose monitoring is advised.

<http://www.quitsquad.nhs.uk/index.php>  
<https://bnf.nice.org.uk/>

To contact the Medicines Optimisation Team please phone 01772 214302