

Availability of sustained-release bupropion on the PBS

Sustained-release bupropion is available on the PBS as a streamlined authority prescription for a short-term course of treatment (nine weeks) for nicotine dependence, with a comprehensive support and counselling program. Making use of the Closing the Gap PBS co-payment can further reduce the cost for Aboriginal and Torres Strait Islander peoples.

Bupropion is available as a starter pack of 30 tablets and a continuation pack of 90 tablets. The dose of bupropion is 150 mg/day for the first three days, then increased to 150 mg twice per day. The patient should stop smoking in the second week of treatment. Under PBS rules, a maximum of nine weeks of PBS-subsidised treatment with this drug is permitted per 12-month period.

Nortriptyline

Nortriptyline is a tricyclic antidepressant that has been shown in a relatively small number of trials to significantly increase long-term cessation when used as the sole pharmacotherapy.^{2,56} A systematic review found that the use of nortriptyline for smoking cessation resulted in higher prolonged abstinence rates after at least six months, compared with placebo treatment.⁹⁵ The efficacy of nortriptyline does not appear to be affected by a past history of depression, but it is limited in its application by its potential side effects, including dry mouth, constipation, nausea, sedation and headaches, and a risk of arrhythmia in patients with cardiovascular disease. Nortriptyline can be dangerous in overdose.

Nortriptyline is not registered for smoking cessation in Australia.

The dose of nortriptyline used for smoking cessation is approximately 75 mg/day for 12 weeks. Further information about nortriptyline for smoking cessation can be obtained from the *New Zealand smoking cessation guidelines*.¹⁶

Recommendation 14 – Nortriptyline should be considered as a second-line pharmacotherapy agent because of its adverse effects profile. Strong recommendation, moderate certainty

Electronic cigarettes and nicotine vaping products

Terminology	
Nicotine vaping products	Products that contain nicotine (in salt or base form) in a solution designed to be inhaled using a vaping device. Includes vape liquids, e-liquids and e-juices that contain nicotine, and the nicotine solution in nicotine e-cigarettes and pods.