Cytisine for Tobacco Dependent Inpatients

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Your doctor has recommended Cytisine as a treatment to help you quit smoking.

What is Cytisine?

Cytisine is a naturally occurring plant-based extract that is a safe and effective way to treat people who want to quit smoking.

How does Cytisine work?

Cytisine binds to the same receptors in the brain as the nicotine in cigarettes and so reduces the urge to smoke. It does not contain nicotine. A weaning course of tablets allows for a gradual reduction in cravings. Once started on Cytisine the quit date must be set at day five of treatment. Studies have shown it is more effective than nicotine patches.

Are there interactions with any other medications?

Cytisine should not be prescribed for people on anti-TB treatment.

Women of childbearing age on oral contraceptives can take Cytisine but it is advised they use a second barrier contraceptive method, such as condoms.

When is Cytisine not recommended?

Cytisine is not recommended for people:

- With kidney problems
- With liver problems
- Over 65 years of age
- Under 18 years of age
- With unstable angina
- With recent heart attack or stroke
- With irregular or abnormal heart rhythm
- Who are pregnant or breastfeeding.

What are the side effects?

Cytisine is generally well tolerated but there are some potential side effects to note. Most notable side effects are related to gastric symptoms (for example, nausea (feeling sick), vomiting (being sick), abdominal distension (swollen tummy) and sleep disturbances. Most side effects occur soon after the medication is started and settle during the treatment course. In many cases, they are likely to be the symptoms of nicotine withdrawal rather than due to the medication (for example, irritability, weight gain, change in appetite). The full list of side effects can be found in the patient information leaflet provided with the medication.

Prescription Charges:

This medication is dispensed as one course during your inpatient stay. Medications prescribed as an inpatient are free, regardless of your exemption status.

Contact details for the James Paget Hospitals Smoking Cessation Team:

Email: smokingcessationinpatientteam@jpaget.nhs.uk

Department Number: 01493 452752

Main hospital number (Switchboard): 01493 452452

Please be aware the Inpatient Smoking Cessation Service operates: Monday – Friday 9:00am until 5:00pm. For out of hour's enquiries, please email us and we will answer in business hours or for more urgent issues, please contact your GP or 111 Service.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.
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OUR VALUES

#Proud of the Paget

Collaboration — We work positively with others to achieve shared aims

Accountability — We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect — We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment — We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support — We are compassionate, listen attentively and are kind to ourselves and each other

IN TRAN communication for all — The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Tick the dosage chart when each dose is taken

Time												
Days 1-3	1											
	2											
	3											
Days 4-12	4											
	5											
	6											
	7											
	8											
	9											
	10											
	11											
	12											
Days 13-16	13											
	14											
	15											
	16											
Days 17-20	17											
	18											
	19											
	20											
Days 21-25	21											
	22											
	23											
	24											
	25											