

Cytisine to help you quit smoking

Adult Community Services
Supportive Care

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

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. 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.

How is Cytisine prescribed?

Cytisine is available as a 1.5mg tablet prescribed as a weaning course over 25 days. One pack contains 100 tablets which will be enough to complete the prescribed course. Smoking should be stopped no later than five days into treatment. The table below can be used to keep track of the number of tablets you need to take each day.

Days of treatment	1st to 3rd			4th to 12th									13th to 16th				17th to 20th				21st to 25th				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Recommended dosing	1 tablet every 2 hours			1 tablet every 2.5 hours									1 tablet every 3 hours				1 tablet every 5 hours				1–2 tablets a day				
Maximum daily dose	6 tablets			5 tablets									4 tablets				3 tablets				2 tablets				

Frequently Asked Questions

- 1. Can people use Cytisine, and nicotine replacement therapy or vape containing nicotine together?**

This is best avoided as it may lead to increased side effects if they are used at the same time. They can be used for the first five days instead of smoking

- 2. Does the quit date have to be on day five of the dosing schedule?**

Yes, as quitting on later dates has not been fully researched, so follow the instructions: "Smoking should be stopped no later than on the 5th day of treatment". By Day 5 your urges to smoke and the rewarding effects from smoking will have significantly reduced

- 3. What should patients do if they experience adverse side effects?**

It is best to consult with your stop smoking advisor or GP if you have concerns about side effects, but if they are mild and tolerable there is no reason to stop taking the medicine. Most side effects get better or even disappear over time. Stopping smoking causes a range of withdrawal symptoms and some of what you may experience will be among those. Also, the short-term discomfort will lead to long-term gains. Adverse events that give cause for concern should be flagged to your stop smoking advisor or GP so that they can be reported to the MHRA via the yellow card scheme

- 4. Can I still drive or operate machinery whilst taking Cytisine?**

Yes, it is safe to do so

- 5. Is it OK to buy Cytisine on the internet?**

It is often unwise to buy medicine on the internet because of concerns over quality control, the lack of clinical supervision, inadequate patient information leaflets and the risk of being scammed

- 6. What happens if I miss a dose of Cytisine?**

If you forget or are unable to take a tablet of Cytisine you should NOT double the dose for the next schedule to make up for the missed dose. Instead, just continue taking your medication as indicated.



Contact details

For non-emergency health care advice, see your GP or ring 111.
For emergencies, ring 999

Tick the WHITE box after taking each tablet from Day 1- Day 25

Time	Days 1 - 3			Days 4 - 12									Days 13 - 16				Days 17 - 20				Days 21 - 25				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
08:00																									
10:00																									
10.30																									
11:00																									
12:00																									
13:00																									
14:00																									
15:30																									
16:00																									
17:00																									
18:00																									

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。