

For smokers serious about quitting and who have been prescribed CYTISINE (Consilient Health)

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# YOUR CYTISINE DOSAGE SCHEDULE FOR QUITTING SMOKING

## A 25 DAY CALENDAR GUIDE

### HOW TO TAKE CYTISINE (CONSILIENT HEALTH)

Please read the Patient Information Leaflet provided in the pack. Always use this medicine exactly as your doctor or pharmacist has told you, check with them if you are not sure.

CYTISINE is supplied in a packet of 100 tablets, which is enough for a complete 25 day course of therapy.<sup>1</sup>

On the next page you will find a dosing schedule chart that will help you complete the recommended 25 day treatment course.<sup>1</sup>

**If you develop any side effects (adverse events) while taking a Consilient Health medicine, please talk to your doctor, pharmacist, or nurse.**

**This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>. By reporting side effects you help provide more information on the safety of our medicines.**

### CONGRATULATIONS ON DECIDING TO STOP SMOKING!

Making the first step towards giving up smoking is a great start. Giving up is difficult and you may lapse along your way, but it is really important to keep going. You will get there in the end!

Quitting will provide you with a range of health, lifestyle, and financial benefits that you will be able to see and feel after the first few days.

Have a chat with your local healthcare professional or an NHS stop smoking advisor who will be able to help you achieve your goal and direct you towards

the most appropriate help and support.

If you have any questions about your prescription, please speak to your healthcare professional.

If you need additional support to help you quit smoking, visit the Consilient Health website below which has information on CYTISINE, including the full Patient Information Leaflet, and your local stop smoking services.

[www.quitsmokingsupport.co.uk](http://www.quitsmokingsupport.co.uk)

This item was created and funded by Consilient Health (UK) Ltd.

# YOUR CYTISINE DOSAGE SCHEDULE FOR QUITTING SMOKING

## 25 DAYS OF TREATMENT

Record your start date here

Record your end date here

### Days 1-3

1 tablet every 2 hours  
(Daily: 6 tablets max)

1	2	3

CYTISINE should be taken according to the following schedule unless you have been advised differently by a healthcare professional:

### Days 4-12

1 tablet every 2.5 hours  
(Daily: 5 tablets max)

4	5	6	7	8	9	10	11	12

### Days 13-16

1 tablet every 3 hours  
(Daily: 4 tablets max)

13	14	15	16

The squares on this page are editable, you can fill these in with the time you take each tablet. Please remember to save after every edit.

1  
9 am  
Each column represents your day.  
11 am  
1 pm  
Fill in each square for that day with the time you take each tablet.  
3 pm  
5 pm  
7 pm

EXAMPLE

### Days 17-20

1 tablet every 5 hours  
(Daily: 3 tablets max)

17	18	19	20

### Days 21-25

1 - 2 tablets a day  
(Daily: 2 tablets max)

21	22	23	24	25

Smoking should be stopped no later than on the 5<sup>th</sup> day of treatment.

*You've got this!*

- One package of CYTISINE (100 tablets) is sufficient for a complete treatment course.
- Smoking should not be continued during treatment as this may aggravate adverse reactions after the 5<sup>th</sup> day.
- In case of treatment failure, the treatment should be discontinued and may be resumed after 2 to 3 months.

