



# Counter Intelligence **PLUS** | **2025**

The training guide for pharmacy assistants



advice from a health professional should be sought.  
Adolescents 12-18 years: as per adults, but the recommended treatment duration is 12 weeks. Smoking reduction/pre-quit: smokers are recommended to use the patch to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. The starting dose should follow the smoking cessation instructions (see above). Smokers starting on the 25mg patch should transfer to the 15mg patch as soon as cigarette consumption reduces to less than 10 cigarettes per day. A quit attempt should be made as soon as the smoker feels ready. When making a quit attempt smokers who have reduced to less than 10 cigarettes a day are recommended to continue Step 2 (15mg) for 8 weeks and decrease the dose to 10mg (Step 3) for the final 4 weeks. Temporary abstinence: the patch can be used in those situations where smokers cannot or do not want to smoke for prolonged periods (greater than 16 hours). For shorter periods an alternative intermittent dose form would be more suitable (e.g. Nicorette Inhalator or gum). Smokers of 10 or more cigarettes per day are recommended to use the 25mg patch and lighter smokers (those who smoke less than 10 cigarettes per day) the 15mg patch. Under 12 years: not recommended.

Format and Ingredients

Transdermal delivery system available in sizes of 22.5, 13.5 and 9cm2, releasing over 16 hours:  
Nicotine 25mg, Nicotine 15mg, Nicotine 10mg,

**Category:**  
Smoking Cessation

**Manufacturer:**  
JOHNSON & JOHNSON (McNEIL)

**Pack size:** 10mg x 7, 15mg x 7, 25mg x 7, 25mg x 14

**RRP:** £17.86, £17.85, £17.86, £29.33

**Legal Status:** (GSL), (GSL), (GSL), (GSL)