

# Summary of Product Characteristics

## 1 NAME OF THE MEDICINAL PRODUCT

Nicorette Cools 4mg Lozenge

## 2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Each lozenge contains 4 mg nicotine (as nicotine resinate).

For the full list of excipients, see section 6.1.

## 3 PHARMACEUTICAL FORM

Compressed lozenge (lozenge)

An oval, white to off-white lozenge imprinted with an “n” on one side and “4” on the other side.

## 4 CLINICAL PARTICULARS

### 4.1 Therapeutic Indications

Nicorette Cools 4 mg Lozenges are to be used for the treatment of tobacco dependence by relief of nicotine withdrawal symptoms and cravings in smokers 18 years and above. Permanent cessation of tobacco use is the eventual objective.

Nicorette Cools 4 mg Lozenges should preferably be used in conjunction with a behavioural support programme.

### 4.2 Posology and method of administration

#### Posology

Selecting the strength of lozenge to be used will depend on the smoking habits of the individual.

#### *Adults*

Nicorette Cools 4 mg Lozenges are suitable for smokers with high nicotine dependency e.g. those smoking their first cigarette of the day within 30 minutes of waking up or those who smoke more than 20 cigarettes per day.

Lozenges should not be used for more than 9 months. If users still feel the need for treatment, a healthcare professional should be consulted.

Behavioural therapy advice and support will normally improve the success rate.

#### *Abrupt cessation of smoking:*

The patient should make every effort to stop smoking completely during treatment with Nicorette Cools Lozenges.

The lozenges should be used whenever there is an urge to smoke.

Sufficient lozenges should be used each day and most smokers usually require 8 to 12, not to exceed 15 lozenges.

The duration of treatment is individual, but up to six weeks treatment is recommended to break the habit of smoking. The nicotine dose should then be gradually reduced, by decreasing the total number of lozenges used per day. The treatment should be stopped when the daily consumption is down to 1-2 lozenges.

Use a lozenge whenever there is an urge to smoke to maintain complete abstinence from smoking. In the event of sudden cravings any spare lozenges should be retained and used whenever there is a craving or an urge to smoke.

*Gradual cessation through progressive reduction in smoking:*

For smokers who are unwilling or unable to quit abruptly.

Use a lozenge between smoking episodes to manage the urge to smoke, to prolong smoke-free intervals and with the intention to reduce smoking as much possible.

The number of lozenges a day is variable and depends on the patients needs. Nonetheless it should not exceed 15 lozenges per day.

If a reduction in number of cigarettes per day has not been achieved after 6 weeks, professional advice should be sought.

Reduced tobacco consumption should lead to complete cessation of smoking. A quit attempt should be made as soon as the smoker feels ready, but not later than 6 months after start of treatment. When the number of cigarettes has been reduced to a level from which the user feels able to quit completely, then the schedule for “abrupt cessation” as given above should be started.

If the attempt to stop smoking completely has not been started within 6 months after the beginning of treatment, it is recommended to consult a healthcare professional.

*Paediatric population*

Nicorette Cools 4 mg Lozenges should only be used by adolescents (12-17 years inclusive) with advice from a healthcare professional. Nicorette Cools Lozenges are not recommended for use in children below the age of 12.

The safety and efficacy of Nicorette Cools 4 mg Lozenges in children and adolescents has not been investigated.

Method of administration

Oromucosal use.

One lozenge should be placed in the mouth and allowed to dissolve. Periodically, the lozenge should be moved from one side of the mouth to the other, and repeated, until the lozenge is completely dissolved (approximately 16-19 minutes). The lozenge should not be chewed or swallowed whole.

Users should not eat or drink while a lozenge is in the mouth.

**4.3 Contraindications**

- Hypersensitivity to nicotine or to any of the excipients listed in section 6.1.
- Children under the age of 12 years.
- Those who have never smoked.

**4.4 Special warnings and precautions for use**

The benefits of quitting smoking usually outweigh any risk associated with correctly administered nicotine replacement therapy (NRT).

A risk-benefit assessment should be made by an appropriate healthcare professional for patients with the following conditions:

- *Cardiovascular disease:* Dependent smokers with a recent myocardial infarction, unstable or worsening angina including Prinzmetal's angina, severe cardiac arrhythmias, recent cerebrovascular accident and/or who suffer with uncontrolled hypertension should be encouraged to stop smoking with non-pharmacological interventions (such as counselling). If this fails, Nicorette Cools 4 mg Lozenge may be considered but as data on safety in this patient group are limited, initiation should only be under close medical supervision.
- *Diabetes Mellitus.* Patients with diabetes mellitus should be advised to monitor their blood sugar levels more closely than usual when smoking is stopped and NRT is initiated as reduction in nicotine induced catecholamine

released can affect carbohydrate metabolism.

- *Allergic reactions:* Susceptibility to angioedema and urticaria.
- *Renal and hepatic impairment:* Use with caution in patients with moderate to severe hepatic impairment and/or severe renal impairment as the clearance of nicotine or its metabolites may be decreased with the potential for increased adverse effects.
- *Phaeochromocytoma and uncontrolled hyperthyroidism:* Use with caution in patients with uncontrolled hyperthyroidism or phaeochromocytoma as nicotine causes release of catecholamines.
- *Gastrointestinal Disease:* Swallowed nicotine may exacerbate symptoms in patients suffering from oesophagitis, gastric or peptic ulcers and oral NRT preparations should be used with caution in these conditions.

### Paediatric population

*Danger in children:* Doses of nicotine tolerated by smokers can produce severe toxicity in children that may be fatal. Products containing nicotine should not be left where they may be handled or ingested by children, see section 4.9 Overdose.

*Stopping Smoking:* Polycyclic aromatic hydrocarbons in tobacco smoke induce the metabolism of drugs metabolized by CYP 1A2 (and possibly by CYP 1A1). When a smoker stops smoking, this may result in a slower metabolism and a consequent rise in blood levels of such drugs. This is of potential clinical importance for products with a narrow therapeutic window, e.g. theophylline, tacrine, clozapine and ropinirole. *Transferred dependence:* Transferred dependence is unusual and is both less harmful and easier to break than smoking dependence.

## **4.5 Interaction with other medicinal products and other forms of interaction**

No clinically relevant interactions between nicotine replacement therapy and other drugs have definitely been established. However nicotine may possibly enhance the haemodynamic effects of adenosine i.e. increase in blood pressure and heart rate and also increased pain response (angina-pectoris type chest pain) provoked by adenosine administration.

See section 4.4 for more information on altered metabolism of certain drugs when stopping smoking.

## **4.6 Fertility, pregnancy and lactation**

### Women of childbearing potential/ contraception in males and females

In contrast to the well known adverse effects of tobacco smoking on human conception and pregnancy, the effects of therapeutic nicotine treatment are unknown. Thus, whilst to date no specific advice regarding the need for female contraception has been found to be necessary, the most prudent state for women intending to become pregnant is to be both non-smoking, and not using NRT.

Whilst smoking may have adverse effects on male fertility, no evidence exists that particular contraceptive measures are required during NRT treatment by males.

### Pregnancy

Smoking during pregnancy is associated with risks such as intra-uterine growth retardation, premature birth or stillbirth. Stopping smoking is the single most effective intervention for improving the health of both pregnant smoker and her baby. The earlier abstinence is achieved the better.

Nicotine passes to the foetus and affects its breathing movements and circulation. The effect on the circulation is dose-dependent. Therefore the pregnant smoker should always be advised to stop smoking completely without use of nicotine replacement therapy. The risk of continued smoking may pose greater hazard to the foetus as compared with the use of nicotine replacement products in a supervised smoking cessation programme. Use of Nicorette Cools Lozenge by the pregnant smoker should only be initiated after advice from a healthcare professional.

### Breast-feeding

Nicotine passes freely into breast milk in quantities which may affect the child, even at therapeutic doses. The Nicorette Cools Lozenge should therefore be avoided during breast-feeding. Should smoking cessation not be achieved, use of the Nicorette Cools Lozenge by breast feeding smokers should only be initiated after advice from a health care professional. Where nicotine replacement therapy is used whilst breast-feeding, the Nicorette Cools Lozenges should be taken just after breast-feeding and not during the two hours before breast-feeding.

### Fertility

Smoking increases the risk for infertility in women and men. In vitro studies have shown that nicotine can adversely affect human sperm quality. In rats, impaired sperm quality and reduced fertility have been shown.

4.7 Effects on ability to drive and use machines

Nicorette Cools 4 mg Lozenge has no or negligible influence on the ability to drive and use machines. However, nicotine replacement users should be aware that cessation of smoking may cause changes in behaviour.

4.8 Undesirable effects

Effects of smoking cessation

Regardless of the means used, a variety of symptoms are known to be associated with quitting habitual tobacco use. These include emotional or cognitive effects such as dysphoria or depressed mood; insomnia; irritability, frustration or anger; anxiety; difficulty concentrating, and restlessness or impatience. There may also be physical effects such as decreased heart rate; increased appetite or weight gain, dizziness or presyncopal symptoms, cough, constipation, gingival bleeding or aphthous ulceration, or nasopharyngitis. In addition, and of clinical significance, nicotine cravings may result in profound urges to smoke.

The Nicorette Cools Lozenge may cause adverse reactions similar to those associated with nicotine given by other means.

Most of the undesirable effects reported by the subjects occur during the early phase of treatment and are mainly dose dependent.

Irritation in the mouth and throat may be experienced, however most subjects adapt to this with ongoing use. Allergic reactions (including symptoms of anaphylaxis) occur rarely during use of Nicorette Cools Lozenge.

Adverse reactions with oromucosal nicotine formulations identified from clinical trials and during post-marketing experience are presented below. The frequency category has been estimated from clinical trials for the adverse reactions identified during post-marketing experience.

Within each frequency grouping, undesirable effects are presented in order of decreasing seriousness: *very common* ( $\geq 1/10$ ), *common* ( $\geq 1/100$  to  $< 1/10$ ), *uncommon* ( $\geq 1/1,000$  to  $< 1/100$ ), *rare* ( $\geq 1/10,000$ ,  $< 1/1,000$ ), *very rare* ( $< 1/10,000$ ), not known (cannot be estimated from the available data).

System Organ Class	Reported adverse reactions
<b>Immune System Disorders</b>	
Common	Hypersensitivity
Not known	Allergic reactions including angioedema and anaphylaxis
<b>Psychiatric disorders</b>	
Uncommon	Abnormal dream
<b>Nervous system disorders</b>	
Very common	Headache
Common	Dysgeusia, paraesthesia
<b>Eye disorders</b>	
Not known	Blurred vision, lacrimation increased
<b>Cardiac Disorders</b>	
Uncommon	Palpitations, tachycardia
Rare	Atrial fibrillation
<b>Vascular disorders</b>	
Uncommon	Flushing, hypertension
<b>Respiratory, thoracic and mediastinal disorders</b>	
Very common	Cough, hiccups, throat irritation
Uncommon	Bronchospasm, dysphonia, dyspnoea, nasal congestion, oropharyngeal pain, sneezing,

	throat tightness
<b>Gastrointestinal disorders</b>	
Very common	Nausea, mouth/throat and tongue irritation
Common	Abdominal pain, dry mouth, diarrhoea, dyspepsia, flatulence, salivary hypersecretion, stomatitis, vomiting, heartburn
Uncommon	Eructation, glossitis, oral mucosal blistering and exfoliation, paresthesia oral,
Rare	Dysphagia, hypoaesthesia oral, retching
Not known	Dry throat, gastrointestinal discomfort, lip pain
<b>Skin and subcutaneous tissue disorders</b>	
Uncommon	Hyperhidrosis, pruritus, rash, urticaria, erythema
<b>General disorders and administration site conditions</b>	
Common	Burning sensation, fatigue
Uncommon	Asthenia, chest discomfort and pain, malaise

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via HPRa Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie).

**4.9 Overdose**

The acute minimum lethal oral dose of nicotine in man is believed to be 40 to 60 mg.

When used as directed symptoms of overdose with nicotine may occur in patients with low pre-treatment nicotine intake or if other sources of nicotine are used concomitantly.

Doses of nicotine that are tolerated by adult smokers during treatment may produce severe symptoms of poisoning in children and may prove fatal. Suspected nicotine poisoning in a child should be considered a medical emergency and treated immediately.

Symptoms of overdose are those of acute nicotine poisoning and include nausea, vomiting, increased salivation, abdominal pain, diarrhea, sweating, headache, dizziness, disturbed hearing and marked weakness. At high doses, these symptoms may be followed by hypotension, weak and irregular pulse, breathing difficulties, prostration, circulatory collapse and terminal convulsions.

*Management of overdose:* Administration of nicotine must be stopped immediately and the patient should be treated symptomatically. If excessive amount of nicotine is swallowed, activated charcoal reduces the gastrointestinal absorption of nicotine.

**5 PHARMACOLOGICAL PROPERTIES**

**5.1 Pharmacodynamic properties**

Pharmacotherapeutic group: Drug used in nicotine dependence.  
ATC Code: N07B A01  
(Smoking cessation: N07BA, nicotine 01.)

Nicotine, the main alkaloid in tobacco products and a naturally occurring autonomic substance, is an agonist at nicotine receptors in the peripheral and central nervous system and has pronounced CNS and cardiovascular effects.

When consumed in tobacco products, it has been shown to be addictive and upon cessation craving and withdrawal symptoms occur. These craving and withdrawal symptoms include urge to smoke, depressed mood, insomnia, irritability, frustration or anger, anxiety, difficulty in concentrating, restlessness and increased appetite or weight gain. The lozenges replace some of the nicotine provided by tobacco and help reduce the severity of craving and withdrawal symptoms.

Cessation rates for reference Nicotine Lozenges from clinical studies have been reported as follows:

Treatment duration at	Nicotine Lozenge 2 mg			Nicotine Lozenge 4 mg		
	Active	Placebo	Odds ratios, adjusted for centre effects	Active	Placebo	Odds ratios, adjusted for centre effects
6-week	46.0%	29.7%	2.10	48.7%	20.8%	3.69
6-month	24.2%	14.4%	1.96	23.6%	10.2%	2.76

After administration of Nicorette Cools 4 mg Lozenges the majority of subjects in a bioequivalence study experienced craving relief (i.e. relief in urges to smoke) from 5 minutes onwards.

5.2 Pharmacokinetic properties

Absorption

Nicorette Cools 4 mg Lozenges completely dissolve in the oral cavity, and the entire amount of nicotine contained in the lozenge becomes available for buccal absorption or ingestion (swallowing). Complete dissolution of Nicorette Cools 4 mg Lozenge is typically achieved in 16-19 minutes. The peak plasma concentration of nicotine achieved after a single dose is approximately 8 ng/ml for a Nicorette Cools 4 mg Lozenge. Ingestion of Nicorette Cools 4 mg Lozenges not following dosing instructions (chewed, retained in the mouth and swallowed; chewed and immediately swallowed) gives a slower and a somewhat reduced absorption of nicotine.

Distribution

As the plasma protein binding of nicotine is low (4.9% - 20%), the volume of distribution of nicotine is large (2.5 l/kg). The distribution of nicotine to tissue is pH dependent, with the highest concentrations of nicotine found in the brain, stomach, kidney and liver.

Biotransformation

Nicotine is extensively metabolized to a number of metabolites, all of which are less active than the parent compound. The metabolism of nicotine primarily occurs in the liver, but also in the lung and kidney. Nicotine is metabolized primarily to cotinine but is also metabolized to nicotine N-oxide. Cotinine has a half-life of 15-20 hours and its blood levels are 10 times higher than for nicotine. Cotinine is further oxidized to trans-3-hydroxycotinine, which is the most abundant metabolite of nicotine in the urine. Both nicotine and cotinine undergo glucuronidation.

Elimination

The elimination half-life of nicotine is approximately 2 hours (range 1 - 4 hours). Total clearance for nicotine ranges from approximately 62 to 89 l/hr. Non-renal clearance for nicotine is estimated to be about 75% of total clearance. Nicotine and its metabolites are excreted almost exclusively in the urine. The renal excretion of unchanged nicotine is highly dependent on urinary pH, with greater excretion occurring at acidic pH.

5.3 Preclinical safety data

The general toxicity of nicotine is well known and taken into account in the recommended posology. Nicotine was not mutagenic in appropriate assays. The results of carcinogenicity assays did not provide any clear evidence of a tumorigenic effect of nicotine. In studies in pregnant animals, nicotine showed maternal toxicity, and consequential mild fetal toxicity. Additional effects included pre- and postnatal growth retardation and delays and changes in postnatal CNS development. Effects were only noted following exposure to nicotine at levels in excess of those which will result from recommended use Nicorette Cools Lozenges. Effects on fertility have not been established.

Comparison of the systemic exposure necessary to elicit these adverse responses from preclinical test systems with that associated with the recommended use of Nicorette Cools Lozenges indicate that the potential risk is low and outweighed by the demonstrable benefit of nicotine therapy in smoking cessation.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Tablet core:

Mannitol (E421)

Xanthan gum

Winterfresh RDE4-149 Spray dried (Gum arabic (E414), Peppermint, Menthol and Eucalyptol flavourings)

Sodium carbonate, anhydrous (E500)(i)

Sucralose (E955)

Acesulfame potassium (E950)

Magnesium stearate (E470b)

Coating:

Hypromellose (E464)

Winterfresh RDE4-149 (Peppermint, Menthol and Eucalyptol flavourings)

Titanium dioxide (E171)

Sucralose (E955)

Sepifilm Gloss (Hypromellose (E464), Microcrystalline cellulose (E460), Potassium aluminium silicate (E555),

Titanium dioxide (E171))

Acesulfame potassium (E950)

Polysorbate 80 (E433)

## 6.2 Incompatibilities

Not Applicable.

## 6.3 Shelf life

Polypropylene container: 3 years.

Blister: 2 years.

## 6.4 Special precautions for storage

Polypropylene container: Store the lozenges in the original container in order to protect from moisture.

Blister: This medicinal product does not require any special storage conditions.

## 6.5 Nature and contents of container

Cardboard box of 24 lozenges packed in aluminium blister laminated with Polyamide (OPA) and Polyvinylchloride with 12 lozenges per blister card, with or without a carry case.

Coloured polypropylene container incorporating a silica gel desiccant sealed with a paper disc in the container bottom and containing 20 lozenges, in packs of 1, 4 and 8 tablet containers.

Not all pack sizes may be marketed.

## 6.6 Special precautions for disposal and other handling

Any unused medicinal product or waste material should be disposed of in accordance with local requirements.

## 7 MARKETING AUTHORISATION HOLDER

McNeil Healthcare (Ireland) Ltd

Airton Road, Tallaght,

Dublin 24

Ireland

**8 MARKETING AUTHORISATION NUMBER**

PA0823/049/028

**9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**

Date of First Authorisation: 16th December 2011

**10 DATE OF REVISION OF THE TEXT**

February 2017