



Clozapine and Smoking

**Nicotine Management and
Smoke Free From 31 May 2016**

The "Smoke Free" logo features the word "Smoke" in blue and "Free" in green, with a stylized green leaf graphic behind the text.

**Smoke
Free**

A HEALTHIER PLACE FOR EVERYONE

Clozapine and smoking

Stopping smoking is one of the most significant factors that will improve your overall health and well being.

Questions & Answers: What you need to know?

Q: "How does smoking affect clozapine?"

A: Smokers generally need higher doses of clozapine than non-smokers, as smoking speeds up the body's ability to breakdown clozapine.

If you **stop smoking**, the levels of clozapine in your blood will **increase**.

You may develop new side effects. Sometimes levels can increase leading to serious harm.

Q: "What do I need to do if I'm planning to stop smoking?"

A: It is very important to that you tell your mental health worker if you plan to stop smoking or cut down the number of cigarettes you smoke.

You may need additional blood tests and your dose of clozapine may need adjusting.

Q: “What if I switch to an e-cigarette or a nicotine patch?”

A: E-cigarettes, Nicotine Replacement Therapy (NRT includes patches, gum, lozenges, inhalators, and mouth spray) and other forms of smokeless tobacco (chewing, snuff etc) are **NOT** the same as smoking a regular cigarette.

If you switch then you need to tell your mental health worker who will provide you with additional advice.

You may need additional blood tests and your dose of clozapine may need adjusting.

Q: “What if I start smoking again?”

A: If you **start smoking**, your body will break down clozapine faster and the levels of clozapine in your blood will **decrease**. Your original symptoms that clozapine was used to treat could return.

If you start smoking speak with your mental health worker who will provide you with additional advice. You may need additional blood tests and your dose of clozapine may need to be increased.

If you want additional information about stopping smoking or how smoking affects clozapine, please speak to your mental health worker or contact the SHSC Pharmacy Department (Telephone 0114 2718630)

Feedback

We welcome feedback. Please send your feedback to smokefree@shsc.nhs.uk or see the address and phone number below.

We also welcome any feedback you may have about our services in general. Please send your comments, concerns, complaints and compliments to:

Post: Corporate Affairs, SHSC, Fulwood House,
Old Fulwood Road, Sheffield S10 3TH

Email: complaints@shsc.nhs.uk

Tel: 0114 2718956

Find out more at: shsc.nhs.uk/about-us/smoke-free

For information email: smokefree@shsc.nhs.uk

