

14 Appendices

14.1 Serotonin toxicity

An overdose of some medications or some medication combinations can cause the build up of too much serotonin in the nervous system and the rest of the body. The syndrome is potentially fatal.

Common features are as follows:

- Severe restlessness.
- Over-excitability and hyperactivity (hypomania).
- Sweating and shivering.
- Diarrhoea.
- Fever.
- Lack of coordination.
- Confusion and altered consciousness.
- Tremor.
- Jerking limb movements (termed myoclonus).

It is important to let your doctor know or attend an emergency department should you develop these symptoms.

The syndrome can be treated with withdrawal of the medications that caused it in the first place. Sedative medications such as diazepam or lorazepam are sometimes needed. If more severe then intensive care is required.

Derived from Isbister, 2007(530).

14.2 NRT management

	For those who smoke:	Dose	Duration
Patch	>10 cigarettes per day and weight > 45 kg	21mg/24 hour or 15mg/16 hour patch	>8 weeks
	<10 cigarettes/day or weight <45 kg or cardiovascular disease	14mg/24 hour or 10mg/16 hour patch	>8 weeks
Gum	> 20 cigarettes/day	4 mg and 6–10 per day	>8 weeks
	> 10 and <20 cigarettes/day	2mg and 8–12 per day	>8 weeks
Inhaler	>10 cigarettes/day	6-12 cartridges per day	>8 weeks
Lozenge	First cigarette >30 minutes after waking	2mg and 1 every 1–3 hours	>8 weeks
	First cigarette <30 minutes after waking	4 mg and 1 every 1–2 hours	>8 weeks

	How to use:
Patch	Place the patch on a clean, non-hairy part of the body upon waking, place on a different site each day.
Gum	Chew the gum until a peppery/tingling feeling, flatten and 'park' it between the gum and the cheek. Chew and 'park' several times for each piece of gum. Avoid coffee and drinks for 15 minutes before and while using the gum.
Inhaler	Inhale air through the cartridge for 20 minutes.
Lozenge	Suck the lozenge and then 'park' it between the gum and the cheek. Suck and 'park' several times for each lozenge. Avoid coffee and drinks for 15 minutes before and while using the lozenge.

