



A Randomised Placebo-Controlled Trial of a Nicotine Inhaler and Nicotine Patches for Smoking Cessation

Participant Information Sheet

We would like to invite you to participate in the INHALE study, a research study investigating a safe new rapid-acting nicotine inhaler for smoking cessation. This information sheet outlines this study and explains what will happen if you agree to participate. Please read this information carefully. Prior to entering the study, you will be given an opportunity to discuss the study and ask any questions with a research clinician. If you decide to take part, you will be required to sign a consent form. If you wish, we can discuss the study with your general practitioner.

Background

Although smoking creates serious health problems, quitting is extremely difficult for many people. Only 10 percent of people who use nicotine replacement therapy (NRT) to quit will still be smokefree 12 months later. Therefore new, more effective nicotine replacement therapies are needed.

This study aims to test if a nicotine inhaler helps people to quit smoking, when used in combination with nicotine patches.

Nicotine patches release a small continuous dose of nicotine via the skin which helps reduce withdrawal symptoms that occur after stopping smoking (including irritability, restlessness, craving, poor concentration etc.). However, patches do not completely stop the craving for nicotine.

The inhaler provides people with an inhalation of nicotine just as fast as a cigarette but it does not carry the dangerous chemicals contained in cigarette smoke. Because it is likely to be as rewarding to inhale as smoking a cigarette, it is anticipated that the inhaler will be a very effective NRT alternative to cigarettes, and therefore it is likely to help people quit smoking. And combining the inhaler with patches is likely to increase the ability of people to quit even more.

How the study works and what is involved

This 7 month study involves visiting the University of Otago, Wellington two times and there are also 4 phone calls of approximately 15 minutes spread through the 7 months of the study. The first visit will last up to 60 minutes and the second visit two months later lasts up to 25 minutes. At each visit you will be asked to fill out a series of questionnaires that tells us about your smoking history and what your expectations are of the inhaler. Your weight and blood pressure will be monitored at each visit and you will be required to blow into a machine that tells us how recently you have smoked. During each visit we will provide you with one on one, face to face counselling sessions with an expert quit coach.

You do not have to quit smoking immediately

What we ask you to do is reduce your smoking by a certain amount during the first four weeks of the study while using both the inhaler and the patches. On the last day of the fourth week we ask you to quit smoking, and to stay quit for the rest of the study.

At your first two interviews you will be given diary cards to record the amount of cigarettes you smoke daily for the first 8 weeks, as well as the number of inhaler puffs taken.

The Products

The Inhaler

In this study you will either get an active nicotine inhaler or a placebo inhaler both packaged the same in a canister that resembles an asthma inhaler. Which inhaler you receive will be decided randomly by a computer (like a coin-toss). The placebo inhaler contains no nicotine and only contains a flavouring to make it taste like the nicotine inhaler. Those in the placebo group will still be getting nicotine via the patch (the recommended treatment).

The nicotine (or active) inhaler contains a nicotine salt and flavouring combination that has been found to be ideal for inhaling. During your first visit, you will try the inhaler under the supervision of a research clinician who will give you full instructions on its use. For the first six months of the study you can use the inhaler as much as you like, and we encourage you to use it every time you feel an urge to smoke a cigarette. You can inhale as many or as few puffs per day as you want (up to a maximum of 200 puffs per day). We start you off on a 100µg inhaler, and then increase to a 200µg inhaler.

Some people may experience side effects from the inhaler. Nicotine can be harsh to inhale, and so the inhaler initially may cause a peppery burn in the back of your throat. You are likely to get used to this burn, over time. You are unlikely to inhale more nicotine per puff, than what you would normally inhale from cigarettes, so you are unlikely to inhale too much nicotine, but if you do, you may experience some side-effects. The side-effects of inhaling too much nicotine include: light-headedness, dizziness and nausea. If you experience any of these effects, please wait at least 90 minutes before inhaling any further nicotine.

The Inhaler ingredients

	<i>Active Nicotine Inhaler</i>	<i>Placebo Inhaler</i>
<i>Propellant (same as asthma inhalers)</i>	HFA 134a (hydrofluoroalkane)	HFA 134a (hydrofluoroalkane)
<i>Solvent</i>	Alcohol (very small amount)	Alcohol (very small amount)
<i>Flavour</i>	Flavour	Flavour
<i>Active ingredient</i>	Nicotine lactate	none

Nicotine Patches

Along with using the inhaler, participants will also use nicotine patches every day for the first five months of the study. Nicotine patches have been available in New Zealand for many years and have a very high safety profile. However, like all medications, side effects can occur and include:

- 2% or more of people: abdominal pain, heart burn, acid reflux, indigestion, stomach upset, nausea skin allergy, coughing, abnormal dreaming, joint pain, headaches, dizziness, light headedness.
- 1 to 2% of people: insomnia, sleepiness, impaired concentration, vomiting, chest pain, fatigue, pain, blood pressure changes.
- 1% of people: hot flushes, swelling of the skin near the patch, weight gain, extra heart beats, high blood pressure, rapid irregular heartbeat, stomach ulcer, dry mouth, flatulence, inflamed gums, pain upon swallowing, abnormal stool, change in your sense of taste, abnormal vision, shortness of breath, increased appetite, leg cramps, migraine, itchiness, increased sweating, red blotches on skin, acne.

Most side effects will go away in the first few days of use as your body adjusts to the patches. However, if these symptoms persist or become bothersome, inform us and/or your doctor. If the area around the patch becomes red, itchy or irritated, remove it and try a different part of your body. If the irritation continues or becomes worse, notify us and/or your doctor and we can discuss the possibility of reducing you down to a lower dose patch, or staying on the same dosage but using the patch for fewer hours of the day. Notify us and/or your doctor immediately if you develop: breathing difficulties, chest pain, irregular heartbeat, nervousness, anxiety, tremors and any other side-effects not listed above that become problematic.

Important questions

Who can take part in this study?

Provided you don't meet the exclusion criteria below, anyone aged between 18 and 70, who smoke 9 or more cigarettes per day.

Who cannot take part in this study?

- People allergic to nicotine patches.
- People with a serious medical condition including uncontrolled high blood pressure, something wrong with their heart or blood vessels that occurred or got worse in the past 3 months (including fast or irregular heart rhythm, angina, chest pain, had a heart attack or stroke).
- People who have ever had a serious stomach ulcer, and/or phaeochromocytoma (tumor of the adrenal gland), or diabetes.
- People who in the last 3 months have had severe heartburn; or a stroke, or unstable kidney disease, unstable liver disease, uncontrolled over-active thyroid gland.
- Pregnant or breast-feeding women and women who are not using contraception (if appropriate).
- People with a history of bipolar disorder or schizophrenia.
- People who take medications such as: theophylline, insulin, imipramine or pentazocline.
- People who have been prescribed an asthma preventer in the last 12 months.

Do I have to stay in the study?

No. This study is entirely voluntary. If you decide not to participate this will not affect any future care or treatment. If you do agree to take part you are free to withdraw from the study at any time and without having to provide any explanation or reason and this will in no way affect any future care or treatment.

Is my participation confidential and private?

Yes, all information and records will be securely stored in the research facility.

We aim to publish the results of the study in international medical literature and no identifying data will be included in any publications. We will keep your data securely locked in filing cabinets for any future analysis. Should we wish to use this data in the future, we will have to gain additional ethical approval.

Do I get paid to take part?

No, you do not get paid. We are unable to cover any costs that you may incur by taking part in this research (e.g. parking costs). Free parking may be available, but we only have a few free car parks and they may not always be available.

Does my GP have to be advised of my participation?

No, but ideally and with your permission we would like to inform your doctor that you are participating in the study.

The up-side of taking part in this study:

- Less than one hour per week
- The study is FREE
- Five visits with expert quit coaches to help you to quit smoking
- Active nicotine patches to everyone to help you quit smoking (recommended treatment)
- Active inhaler for half the participants to help quit smoking
- You will gain a better understanding of why you smoke and how to quit

The down-side of taking part in this study:

- The hassle of 2 visits to the medical school and 3 calls (we can do visits and calls on weekends and after work-hours)
- The study has a long duration (7 months), and we would ask that you remain available for clinic visits and calls on the scheduled dates

Unfortunately the inhaler may not be effective for everyone. If you find that the inhaler is not giving you enough relief from the urge to smoke, please contact us immediately and let us know as we may be able to suggest ways to use the inhaler more effectively. However, if the inhaler is not effective for you, it might also mean that you received the placebo inhaler. Again, contact us immediately. Do not be discouraged. It may just mean you could need a different nicotine replacement therapy and a different approach in which we can help to arrange. It is vital that you stay in contact with us, not only so we may help you, but so we can learn from you in order to develop other therapies.

Future availability of the products

The nicotine inhaler is not currently licensed in New Zealand and therefore not available. It may take a year or more to license it for sale as a medicine in New Zealand.

Ethical approval

This study has been reviewed and approved by the Central Region Ethics Committee. If you have any concerns about the study, please contact them by telephoning (04) 496-2405.

Compensation

In the unlikely event of a physical injury as a result of your participation in this study, you may be covered by ACC under the Injury Prevention, Rehabilitation and Compensation Act. ACC cover is not automatic and your case will need to be assessed by ACC according to provisions of the 2002 Injury Prevention and Compensation act. If your claim is accepted by ACC, you still might not get any compensation. This depends on a number of factors such as whether you are an earner or non-earner. ACC usually provides only partial reimbursement or costs and expenses and there may be no cover for mental injury unless it is a result of physical injury. If you have ACC cover, generally this will affect your right to sue the investigators. For more details, refer to <http://www.acc.co.nz>. If you have any questions about ACC please feel free to ask the researcher for further information before you agree to take part in this trial.

Health Advocate

If you have any queries or concerns regarding your rights as a participant in this study you may wish to contact a Health and Disability Advocate, telephone Mid and lower North Island 0800 42 36 38 (4 ADNET)

Contact Researchers

Please feel free to contact any of the research team if you have any questions about this study by:

Telephone (04) 918 6041

Email: inhale@otago.ac.nz

Web: www.otago.ac.nz/inhale

Location

Entrance on the right at end of driveway
University of Otago, Wellington
23A Mein Street
Newtown
Wellington

Once you enter the reception of the
Medical School, take the lifts on your left
to Level H, and we will see you there 😊

