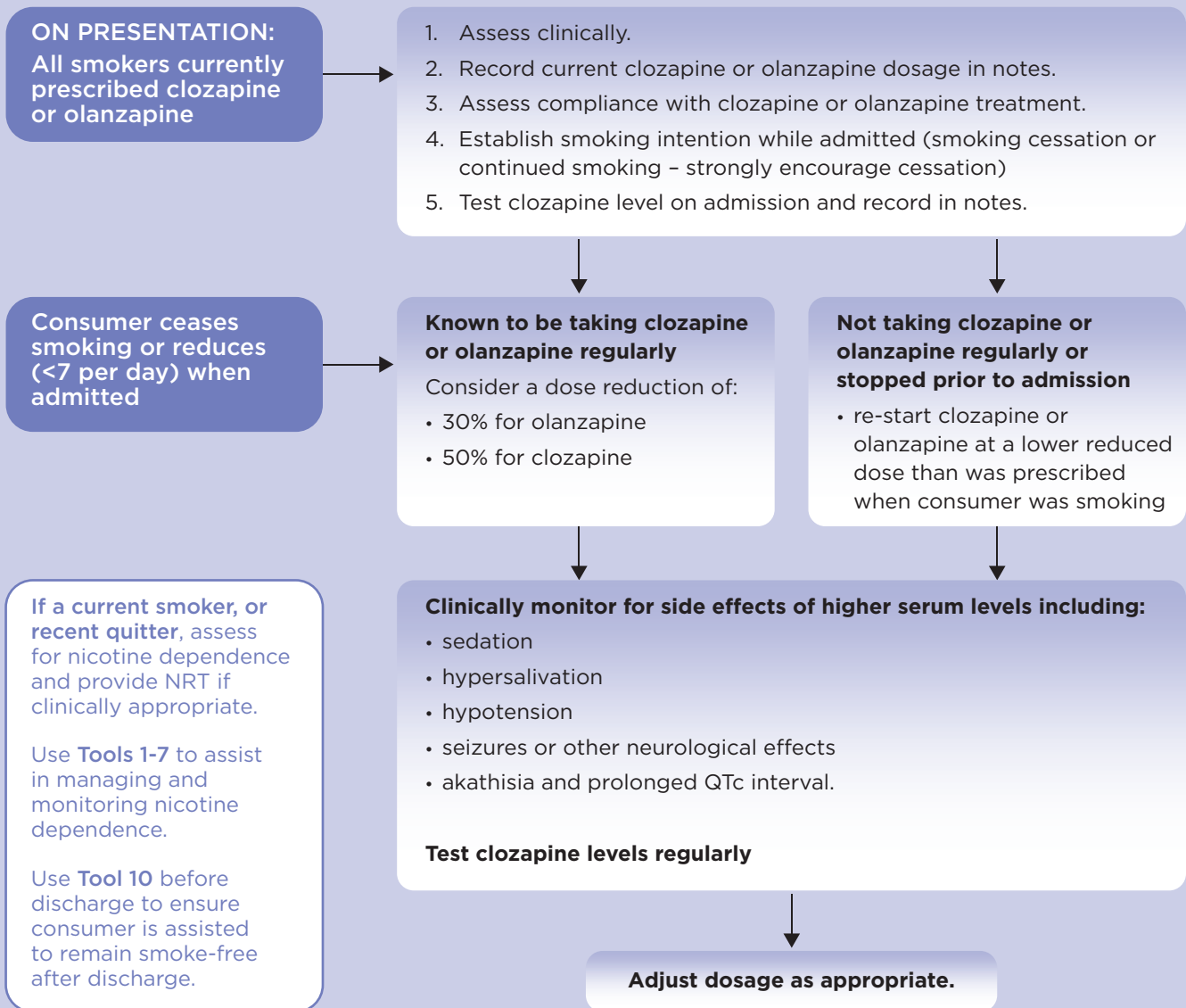


Clozapine, olanzapine and smoking cessation

- Chemicals in tobacco smoke (polycyclic aromatic hydrocarbons) accelerate the metabolism of clozapine and olanzapine (by inducing the cytochrome enzyme CYP1A2) lowering drug blood levels.
- As a result, blood levels of clozapine and olanzapine can rise significantly within days of quitting or reducing cigarette consumption to <7 cigarettes daily.
- Clozapine and olanzapine have a narrow therapeutic index and increases in blood levels can cause serious toxic effects.
- **Patients need monitoring for increased sedation or other side effects as well as more regular testing of clozapine levels after cessation or reduction.**
- Urgent dose adjustments in the first few days after quitting may be required. Steady state blood levels are achieved after about a week.
- **Nicotine replacement therapy use DOES NOT affect clozapine or olanzapine levels.**



If a current smoker, or recent quitter, assess for nicotine dependence and provide NRT if clinically appropriate.

Use **Tools 1-7** to assist in managing and monitoring nicotine dependence.

Use **Tool 10** before discharge to ensure consumer is assisted to remain smoke-free after discharge.

Note: There is no 'right' blood level of clozapine or olanzapine; the aim is symptom control without toxicity. At all times, clinical assessment overrides suggestions made in this guide