

Smokeless tobacco, nicotine pouches and other related products

I think my patients are using smokeless tobacco, what should I do?

If the product contains tobacco:

- **Provide VBA** as you would for smokers, advising of health risks and signposting to smoking cessation services.
- **Record on DMICP**, tick "chews tobacco" (will be changed to "smokeless tobacco" in future). If you know grams per week (g/wk) please record, but if not known click "Cancel" in the "Enter value for read code" box. For other types of smokeless tobacco, tick "Uses other tobacco products" box and add any free text to describe the tobacco type in more detail.

My patients are using nicotine pouches, or tobacco free "snus" (or similar) what should I do?

- Presently there is no code to record the use of oral nicotine pouch use on DMICP, please record as free text.
- At present, nicotine pouches are not a recommended stop smoking aid, although this could change in the future. If patients are using nicotine pouches to help quite smoking, advise them they can access nicotine replacement therapy (NRT) and smoking cessation advice free of cost.



Tobacco-free nicotine pouches



Pre-packaged and loose snus (tobacco)

There is limited evidence available regarding the safety of tobacco-free nicotine pouches. Until further evidence indicates a substantive risk from oral nicotine pouches, there is no specific guidance or coding to record the use of nicotine pouches on the DMICP smoking and tobacco template.

Some pouches contain tobacco, and some do not. How do we tell the difference?

There can be confusion between snus (traditionally tobacco containing) and nicotine pouches (tobacco-free products) as both come in small sachets sold in tins which are placed between the lip and gum. While the products may be similar in appearance, they should be considered two distinct products with one containing tobacco and the other containing nicotine but no tobacco. Traditional tobacco containing snus is regulated differently and cannot be legally sold in the UK.

What are the risks of using smokeless tobacco?

Increased risk of: oropharyngeal cancers, periodontal disease, ischemic heart disease and stroke.

What types of smokeless tobacco are there?

- **Snus:** moist powdered tobacco, as loose powder or in sachets (cannot be sold legally in UK)
- **Snuff and nasal tobacco:** ground or shredded tobacco leaves
- **Dissolvable tobacco:** powdered tobacco pressed into shapes
- **Chewing tobacco:** includes loose leaf tobacco, gutka, betel quid, khaini

For further information

See FAQs produced in conjunction with DPHC Dental & PMC, NCSCT. POC: SO2 DP:

Nicotine pouches: A briefing for Defence healthcare professionals

elearning.ncsct.co.uk/usr/docs/MOD_nicotine_pouches_briefing.pdf

Smokeless tobacco, waterpipes and heated tobacco: FAQ

elearning.ncsct.co.uk/usr/docs/MOD_smokeless_tobacco_waterpipes_heated_tobacco_faq.pdf