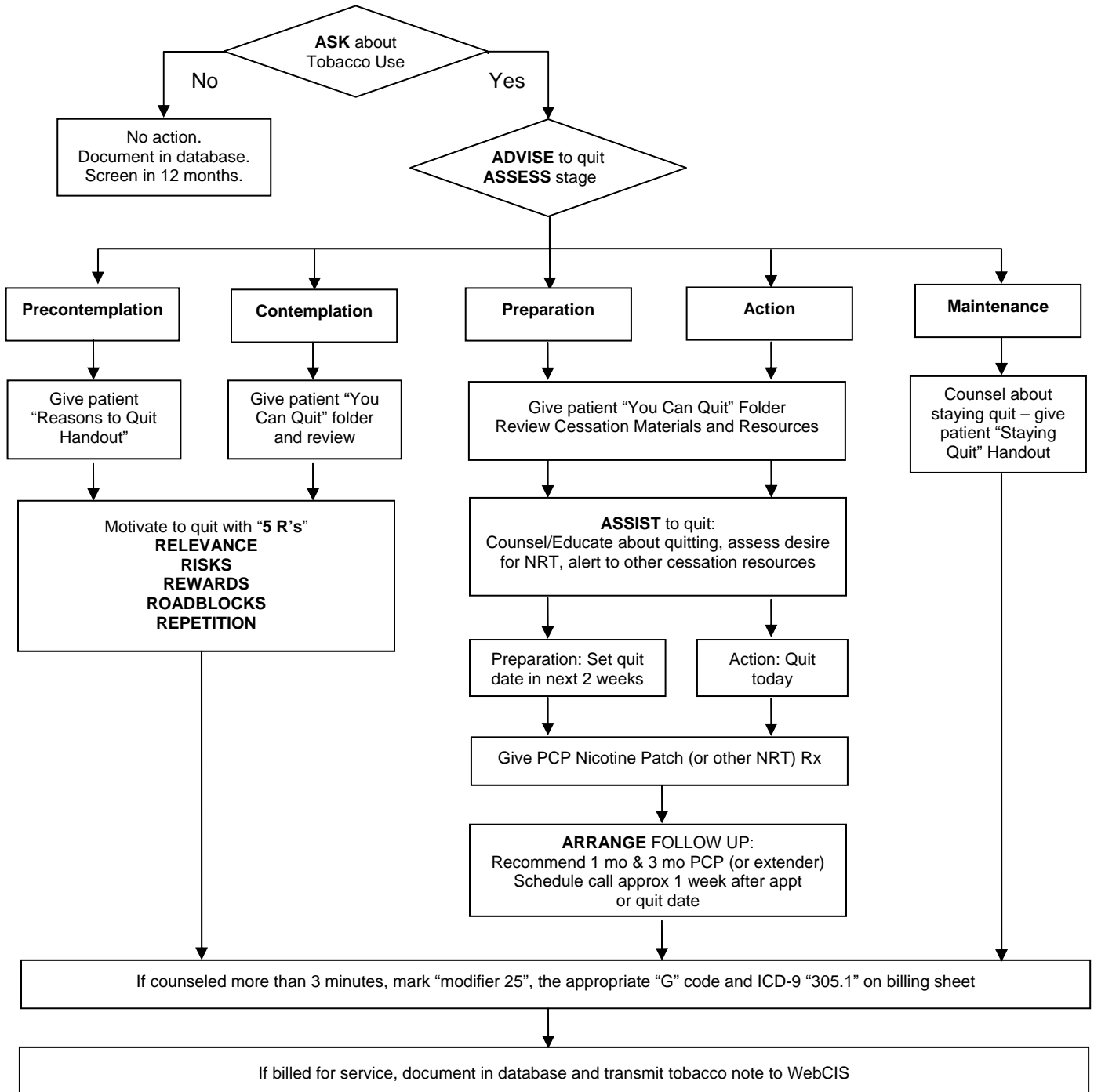


Tobacco Cessation Algorithm



Stages of change

Precontemplation – not thinking about quitting over the next 6 months

Contemplation – thinking about quitting over the next 6 months

Preparation – thinking about quitting within in the next 30 days

Action – actively trying to quit

Maintenance – no tobacco use in last 6 months

Pharmacotherapy for Smoking Cessation

	Trade Name	Starting Dose	Full Dose/Duration	Average Cost
Nicotine patch	Nicoderm CQ®; Habitrol®; Prostep®	21 mg/d for 6 weeks	Then 14 mg/d for 2 wks, then 7 mg /d for 2 wks	\$3.33/d, \$100/mo
	Nicotrol®	15mg/d for 6 weeks (16 hrs/d)	Then 10 mg x 2 wks, then 5 mg x 2 wks	
Nicotine gum	Nicorette®	Start on quit date. < 25 cig/day use 2 mg tab	1 tab/hr for 6 wks, then 1 tab/2 - 4 hrs for 2 wks, then 1	\$2.43/d, \$73/mo
Nicotine lozenge	Commit®	≥ 25 cig/day use 4 mg tab	tab/4 - 8 hrs for 2 wks	\$2.77/d, \$83/mo
Nicotine nasal spray	Nicotrol NS®	1 to 2 doses/hr (most need minimum of 8 doses/day)	Continue for 6 – 8 wks, then taper gradually over 4 – 6 wks	\$4.53/d, \$136/mo
Nicotine inhaler	Nicotine inhaler®	10 mg cartridges used over 20 mins (6 to 16 cartridges per day)	At least 6 cartridges/d for 3 – 12 wks; max of 16 cartridges/d	\$4.57/d, \$137/mo
Bupropion SR; Bupropion XL (avoid w/ sz hx)	Zyban®; Wellbutrin SR®; Wellbutrin XL®	Start 2 weeks before quit date; 150 mg QD for 3 days; then BID	Continue 150 mg BID for 7 to 12 weeks	\$2.33/d, \$70/mo
Varenicline	Chantix®	Start 1 week before quit date; Days 1-3 = 0.5mg QDay, days 4-7 = 0.5 mg BID	Continue 1 mg BID weeks 2 through 12; may continue an additional 12 weeks if necessary	\$3.57/d, \$107/mo

Common Adverse Effects to Smoking Cessation Products

Nicotine Patch	Nicotine gum or lozenge	Nicotine nasal spray	Nicotine inhaler	Bupropion	Varenicline
<ul style="list-style-type: none"> Local skin irritation Insomnia (w 24 hr dosing) 	<ul style="list-style-type: none"> Lightheadedness Nausea and vomiting Throat or mouth Irritation Hiccups Indigestion 	<ul style="list-style-type: none"> Nasal or throat irritation Sneezing Coughing Eye irritation Runny nose 	<ul style="list-style-type: none"> Throat or mouth irritation Unpleasant taste Cough Rhinitis Dyspepsia Hiccups Headache 	<ul style="list-style-type: none"> Dry Mouth Nausea Insomnia Constipation Agitation 	<ul style="list-style-type: none"> Insomnia Headache Abnormal dreams Nausea Vomiting Stomach upset