

Tobacco Cessation Medications

Nicotine Replacement Therapy (NRT)

- Nicotine is the addictive part of tobacco smoke, but not the most dangerous part. There are 7000 other toxins in cigarettes, including carbon monoxide, that cause disease.
 - People do not generally become addicted to nicotine replacement.
 - Common problems: People don't use enough medication or stop too early.
 - Medications are safe and effective.
 - Overdose is very uncommon.
 - Use medications as long as needed (3 months minimum).
 - Combinations work better than single medications.
 - Long acting medications like the NRT patch or Bupropion or Varenicline provide continuous treatment for withdrawal symptoms
- PLUS**
- Short acting medications like the NRT gum, lozenge, inhaler, and nasal spray help people to cope with breakthrough cravings

Nicotine Patch _____mg

- Place patch on hairless skin on upper body, including arms and back.
- Each day: discard old patch, shower, apply new patch to a different site.
- Apply hydrocortisone cream to mildly red/irritated areas. Call provider if rash develops.
- If patch causes sleep disturbance, remove patch at bedtime and replace each morning.
- Side effects may include: skin irritation, headache, insomnia, abnormal/vivid dreams.

Nicotine Gum _____mg

- Chew gum slowly, park in cheek when peppery taste or tingling sensation begins (about 15-30 chews).
- When taste or tingling goes away, begin chewing again.
- Use until nicotine is gone (taste or tingle does not return, usually 30 minutes).
- Park in different areas of mouth. Nicotine is absorbed through the lining of the mouth.
- Use enough to control cravings, up to 24 pieces per day (if used alone).
- Avoid eating or drinking for 15 minutes before using and during use.
- Side effects may include: mouth/jaw soreness, hiccups, indigestion, hypersalivation.
- If gum is not chewed correctly, additional side effects may include lightheadedness, nausea/vomiting, throat and mouth irritation.

Nicotine Lozenge _____mg

- Allow to dissolve slowly in mouth (20-30 minutes). Do not chew or swallow. Nicotine release may cause a warm tingling sensation.
- Occasionally rotate to different areas of the mouth.
- Use enough to control cravings, up to 20 lozenges per day (if used alone).
- Avoid eating or drinking for 15 minutes before using and during use.
- Side effects may include: nausea, hiccups, cough, heartburn, headache, gas, insomnia.

Chantix (Varenicline)

- **Days 1-3:** Take one 0.5 mg white pill each morning for **3 days**, one week before quit date.
- **Days 4-7:** Increase to one 0.5 mg white pill twice a day in morning and evening for **4 days**.
- On **Day 8** (target quit date), increase to one 1 mg blue pill twice a day.
- Maintain this dose for a minimum of 3 months.
- Take with food and a full glass of water to reduce nausea.
- Be sure that the two doses are at least 8 hours apart, but try to take second dose early in the evening (i.e. 6 pm) to avoid sleep problems.
- Common side effects include: nausea, insomnia, headache, abnormal/vivid dreams.

Wellbutrin / Zyban (Bupropion)

- Take one 150 mg pill each morning for **3 days**, one week before target quit date.
- On **Day 4**, increase to one 150 mg pill twice a day, morning and evening.
- Maintain this dose for a minimum of 3 months.
- Be sure that the two doses are at least 8 hours apart, but try to take second dose early in the evening (i.e. 6 pm) to avoid sleep problems.
- Avoid or minimize use of alcohol when taking this medication.
- Common side effects include: dry mouth, headache, insomnia, nausea, weight loss.
- Risk of seizure is 1/1000.

Nicotine Nasal Spray

- Use 1 spray in each nostril (1 dose) and tilt head back for 1 minute.
- Do not sniff, swallow, or inhale through nose.
- Use at least 8 doses (1 spray in each nostril), up to 40 doses per day (if used alone).
- To reduce nasal irritation, spray on cotton swab and insert into nose.
- Side effects may include: nasal and/or throat irritation (hot, peppery, or burning sensation), nasal irritation, tearing, sneezing, cough, headache.

Nicotine Oral Inhaler (puffer)

- Inhale into the back of the throat or puff in short breaths. Do not inhale into the lungs.
- Puff continuously for 20 minutes (about 80 puffs) until cartridge is empty.
- Change cartridge when it loses the “burning in throat” sensation (feels like air only).
- Open cartridges can be saved and used again within 24 hours.
- Use at least 6 and up to 16 cartridges per day (if used alone).
- Avoid eating or drinking for 15 minutes before using and during use.
- Side effects may include: mouth and/or throat irritation, unpleasant taste, cough, nasal irritation, indigestion, hiccups, headache.