

Smoking Cessation Medications

Nicotine Replacement Therapy (NRT)

If you are using Nicotine Replacement Therapy, keep in mind these instructions:

- Nicotine is the addictive part of tobacco smoke, but not the most dangerous part.
 - There are 4000 other toxins in cigarettes that cause disease.
 - People do not generally become addicted to medication.
 - 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 (2 months minimum).
 - Some combinations work better than single medications.
 - Long acting medications like the NRT patch and Zyban 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

- 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 after shower.
- Side effects may include: skin irritation, headache, insomnia, abnormal/vivid dreams.

Nicotine Gum

- 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

- 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.

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) and 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

- 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.

Chantix (varenicline)

- Take one 0.5 mg white pill each morning for **3 days**, one week before quit date.
- 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.
- Tell your doctor if you have any history of psychiatric illness prior to starting Chantix.
- **STOP taking CHANTIX and contact a healthcare provider immediately if you experience agitation, hostility, depressed mood, changes in thoughts or behavior that are not typical for you, thinking about or attempting suicide, allergic or skin reactions including swelling, rash, redness, or peeling of the skin.**

Zyban / Wellbutrin / 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.
- **STOP taking BUPROPION and contact a healthcare provider immediately if you experience agitation, hostility, depressed mood, changes in thoughts or behavior that are not typical for you, thinking about or attempting suicide, allergic or skin reactions including swelling, rash, redness, or peeling of the skin.**