

# FDA-APPROVED MEDICATIONS TO HELP PATIENTS QUIT SMOKING

Clinical Practice Guideline 2008 Update: Treating Tobacco Use & Dependence, U.S. Public Health Service  
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MONTANA TOBACCO



MEDICATION	CAUTIONS/WARNINGS	SIDE EFFECTS	DOSAGE	USE	AVAILABILITY (check insurance)
<b>Varenicline</b> (See Package insert)	Use with caution in patients: <ul style="list-style-type: none"> <li>With significant renal impairment</li> <li>With serious psychiatric illness</li> <li>Undergoing dialysis</li> </ul>	<ul style="list-style-type: none"> <li>Nausea</li> <li>Insomnia</li> <li>Abnormal, strange dreams</li> </ul>	<ul style="list-style-type: none"> <li>Days 1-3: 0.5 mg every morning</li> <li>Days 4-7: 0.5 mg twice daily</li> <li>Day 8–end: 1 mg twice daily</li> </ul>	<ul style="list-style-type: none"> <li>Start 1 week before quit date &amp; use 3-6 months</li> <li>Typically quit on day 8</li> <li>Alternatively: Begin medication then quit between day 8 and 35.</li> </ul>	Prescription only: <ul style="list-style-type: none"> <li>Chantix</li> </ul>
<b>Nicotine Gum</b> (2 mg or 4 mg)	<ul style="list-style-type: none"> <li>Caution with dentures</li> <li>Do not eat or drink 15 minutes before or during use</li> </ul>	<ul style="list-style-type: none"> <li>Mouth soreness</li> <li>Stomach ache</li> </ul>	<ul style="list-style-type: none"> <li>1 piece every 1 to 2 hours</li> <li>6-15 pieces per day</li> <li>If smoke &gt; 30 minutes after waking: 2 mg</li> <li>If smoke ≤ 30 minutes after waking: 4 mg</li> </ul>	<ul style="list-style-type: none"> <li>Pre-quit: Up to 6 months before quit date with smoking reduction</li> <li>Post-quit: Up to 12 weeks</li> <li>Use “chew and park” technique</li> </ul>	OTC Only: <ul style="list-style-type: none"> <li>Generic</li> <li>Nicorette</li> </ul>
<b>Nicotine Inhaler</b> (See Package insert)	<ul style="list-style-type: none"> <li>May irritate mouth/throat at first (improves with use)</li> </ul>	<ul style="list-style-type: none"> <li>Local irritation of mouth &amp; throat</li> </ul>	<ul style="list-style-type: none"> <li>6-16 cartridges/day</li> <li>Inhale 80 times/cartridge</li> <li>May save partially-used cartridge for next day</li> </ul>	<ul style="list-style-type: none"> <li>Pre-quit: Up to 6 months before quit date with smoking reduction</li> <li>Post-quit: Up to 6 months</li> <li>Taper use at end</li> </ul>	Prescription Only: <ul style="list-style-type: none"> <li>Nicotrol inhaler</li> </ul>
<b>Nicotine Lozenge</b> (2 mg or 4 mg)	<ul style="list-style-type: none"> <li>Do not eat or drink 15 minutes before or during use</li> <li>One lozenge at a time</li> <li>Limit 20 in 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>Hiccups</li> <li>Cough</li> <li>Heartburn</li> </ul>	<ul style="list-style-type: none"> <li>If smoke &gt; 30 minutes after waking: 2 mg</li> <li>If smoke ≤ 30 minutes after waking: 4 mg</li> <li>Weeks 1-6: 1 every 1-2 hrs</li> <li>Wks 7-9: 1 every 2-4 hrs</li> <li>Wks 10-12: 1 every 4-8 hrs</li> </ul>	3-6 months <ul style="list-style-type: none"> <li>Park and let dissolve in mouth, change lozenge location in mouth on occasion. Do NOT chew.</li> <li>Pre-quit: Up to 6 months before quit date with smoking reduction</li> </ul>	OTC Only: <ul style="list-style-type: none"> <li>Generic</li> <li>Commit</li> </ul>
<b>Nicotine Nasal Spray</b> (See Package insert)	<ul style="list-style-type: none"> <li>Not for patients with asthma</li> <li>May irritate nose (improves over time)</li> <li>May cause dependence</li> </ul>	<ul style="list-style-type: none"> <li>Nasal irritation</li> </ul>	<ul style="list-style-type: none"> <li>1 “dose” = 1 squirt per nostril</li> <li>1 to 2 doses per hour</li> <li>8 to 40 doses per day</li> <li>Do NOT inhale</li> </ul>	3-6 months; taper at end <ul style="list-style-type: none"> <li>Do NOT inhale</li> </ul>	Prescription Only: <ul style="list-style-type: none"> <li>Nicotrol NS</li> </ul>
<b>Nicotine Patch</b> (7 mg, 14 mg or 21 mg)	<ul style="list-style-type: none"> <li>Do not use if you have severe eczema or psoriasis</li> </ul>	<ul style="list-style-type: none"> <li>Local skin reaction</li> <li>Insomnia</li> </ul>	<ul style="list-style-type: none"> <li>One patch per day</li> <li>If ≥ 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks</li> </ul>	<ul style="list-style-type: none"> <li>Pre-quit: Up to 6 months prior to quit date with smoking reduction</li> <li>Post-quit: 12 weeks</li> <li>Choose an area that is clean, dry and has no hair. Choose a different area of skin for your next patch.</li> </ul>	OTC or prescription: <ul style="list-style-type: none"> <li>Generic</li> <li>Nicoderm CQ</li> <li>Nicotrol</li> </ul>
<b>Bupropion SR 150</b> (See Package insert)	Not for use if you: <ul style="list-style-type: none"> <li>Use monoamine oxidase (MAO) inhibitor</li> <li>Use bupropion in any other form</li> <li>Have a history of seizures</li> <li>Have a history of eating disorders</li> </ul>	<ul style="list-style-type: none"> <li>Insomnia</li> <li>Dry mouth</li> </ul>	<ul style="list-style-type: none"> <li>Days 1-3: 150 mg each morning</li> <li>Days 4–end: 150 mg twice daily</li> </ul>	Start 1-2 weeks before quit date; use 2 to 6 months	Prescription Only: <ul style="list-style-type: none"> <li>Generic</li> <li>Zyban</li> </ul>
<b>Combinations:</b> 1) Patch + bupropion 2) Patch + gum 3) Patch + [lozenge/inhaler]	<ul style="list-style-type: none"> <li>Only patch + bupropion is currently FDA-approved.</li> <li>Follow instructions for individual medications.</li> </ul>	See individual medications above.	See above.	See above.	See above.