

MEDICINES TO HELP YOU QUIT TOBACCO

Over-The-Counter (OTC) Products

Product	Nicotine patch	Nicotine patch (generic)	Nicotine gum (generic)	Nicotine lozenge
Brand name	NICOTROL®	NICODERM CQ®	NICORETTE®	COMMIT®
Strengths	15 mg 10 mg 5 mg	21 mg 14 mg 7 mg	2 mg (for people who smoke fewer than 25 cigarettes a day) 4 mg (for people who smoke 25 or more cigarettes a day)	2 mg (for people who smoke first cigarette 30 minutes or more after waking up) 4 mg (for those who smoke within 30 minutes of waking up)
Starting dose	1 patch every 16 hours (remove at bedtime)	1 patch every 24 hours	Weeks 1-6: 1 piece every 1-2 hours Weeks 7-9: 1 piece every 2-4 hours Weeks 10-12: 1 piece every 4-8 hours	1 lozenge every 1-2 hours
Maximum dose	1 patch every 16 hours (remove at night)	1 patch every 24 hours	24 pieces every 24 hours	5 lozenges every 6 hours or 20 lozenges daily
Treatment time	10 weeks (2-6 weeks at each dose level)	8-10 weeks (2-4 weeks per strength level)	8-12 weeks	12 weeks
Possible side effects (and what to do)	Mild skin reaction (move patch to different place on body; use steroid cream; try different brand of patch)	Mild skin reaction (move patch to different place on body; use steroid cream; try different brand of patch) Vivid dreams, trouble sleeping (remove patch at bedtime)	Mouth soreness Hiccups Upset stomach Mild jaw ache (use correct chewing method)	Headache Trouble sleeping Nausea if lozenge is swallowed or chewed
Cost estimate	\$2.28 a day \$68 a month	\$4.27 a day \$128 a month	\$5.00 for 12 pieces a day \$150 a month	\$4.80-\$7.20 for 8-12 pieces a day \$144-\$216 a month
Be careful if using:	When pregnant When you have heart problems When you have a stomach ulcer	When pregnant When you have heart problems When you have a stomach ulcer	When pregnant When you have heart problems When you have a stomach ulcer	When pregnant When you have heart problems When you have a stomach ulcer
Do not use if:	You have eczema or other skin diseases You are allergic to adhesive tape If you continue to use tobacco or other nicotine products	You have eczema or other skin diseases You are allergic to adhesive tape If you continue to use tobacco or other nicotine products	You have jaw problems You have dentures or braces If you continue to use tobacco or other nicotine products	If you continue to use tobacco or other nicotine products
How to use	Stop all tobacco use before starting this medicine and throughout treatment. Apply one patch to healthy, clean, dry, hairless skin such as upper arm or hip. Remove and replace daily. Some brands are for 24-hour wear; some are for daytime wear only. Remove two hours before exercising.		Stop all tobacco use before starting this medicine and throughout treatment. Bite piece slowly to release a peppery taste and a slight tingle, then put it between cheek and gum. When taste and tingle fade, bite piece until it starts to tingle again and put it in another part of mouth. Continue for 30 minutes.	Stop all tobacco use before starting this medicine and throughout treatment. Allow lozenge to dissolve slowly over 20 to 30 minutes. Move lozenge from one side of mouth to the other now and then. Do not chew or swallow lozenge. Do not eat or drink 15 minutes before lozenge use.

Prescription Products

Product	Nicotine nasal spray	Nicotine inhaler	Bupropion HCl SR Tablet (generic)	Varenicline Tablet
Brand name	NICOTROL® NS	NICOTROL® INHALER	ZYBAN®	CHANTIX®
Strengths	10 mg/ml	10 mg per cartridge (2 mg absorbed per cartridge)	150 mg	0.5 mg 1.0 mg
Starting dose	1-2 doses an hour (1 dose = 1 spray per nostril)	6-16 cartridges a day	150 mg a day for 7 days (off-label suggestion to avoid side effects)	0.5 mg once a day, days 1-3 0.5 mg twice a day, days 4-7
Maximum dose	5 doses an hour or 40 doses a day	16 cartridges a day	300 mg a day (after 7 days at lower dose)	1 mg twice a day, day 8 to end of treatment
Initial treatment time	3-6 months	Up to 6 months, taper off last three months	7-12 weeks, sometimes up to 6 months	12 weeks, doctor can prescribe refill
Possible side effects (and what to do)	Potential for dependence Irritation in nose, throat, and eyes (goes away with continued use)	Mouth and throat irritation (goes away with continued use)	Dry mouth Trouble sleeping (do not use at bedtime) Shakiness Skin rash	Nausea (take with food) Headache Trouble sleeping Vivid dreams Depression or thoughts of suicide (stop use and call doctor immediately)
Cost estimate	\$6.44 a day \$631 a month	\$5.12 a day \$859 a month	\$6.62 a day \$198 a month	\$4.54 a day \$136 a month
Be careful if using:	When pregnant When you have heart problems When you have a stomach ulcer	When pregnant When you have heart problems When you have a stomach ulcer		When pregnant When you have kidney problems
Do not use if:	You have asthma You have a cold You have nasal polyps You have a sinus infection You continue to smoke, chew tobacco, or use other nicotine products	You are allergic to menthol You continue to smoke, chew tobacco, or use other nicotine products	You have seizures You already use this drug for other reasons You have ever had an eating disorder You use MAO inhibitors You are allergic to bupropion	
How to use	Stop all tobacco use before starting this medicine and throughout treatment. Blow nose if it is not clear. Tilt head back slightly. Insert bottle tip into nostril as far as comfortable. Breathe through mouth. Spray once in each nostril. Do not sniff or inhale while spraying. If nose runs, gently sniff to keep spray in nose. Wait two to three minutes before blowing nose.	Stop all tobacco use before starting this medicine and throughout treatment. Pull off the mouthpiece top. Press one cartridge firmly into the bottom of the mouthpiece until seal breaks. Replace top. Align marks to close. Inhale a short breath to the back of mouth or puff in short breaths. Do not inhale to lungs. Cartridge lasts about 20 minutes of puffing.	Start using bupropion 1-2 weeks before quitting tobacco use. Take 1 tablet (150 mg) by mouth each morning for 7 days. After 7 days, take a tablet each morning and another each evening.	Start using one week before quitting tobacco use. After eating, take the tablet with a full glass of water. Days 1-3, take one 0.5 mg tablet once daily. Days 4-7, take one 0.5 mg tablet twice daily. Day 8 to end of treatment, take one 1 mg tablet twice daily.

For more information about tobacco cessation, call 1-888-424-2100.

Source: Utah Department of Health, Utah's Local Health Departments, and the Coalition for a Tobacco Free Utah. *The TRUTH™ Network Treating Nicotine Dependence: Utah's Healthcare Provider Guide*. Salt Lake City: Utah Department of Health, p. 7. (04/09)



HUNTSMAN
CANCER INSTITUTE
UNIVERSITY OF UTAH