

Tobacco Dependence Treatment Medications

Medication	Cautions/Warnings	Side Effects	Dosage	Use	Availability
Combination Nicotine Replacement Therapy (NRT) 1) Patch + lozenge 2) Patch + gum	* Follow instructions for individual medications	See individual medications below	See below	See below	See below
Varenicline (Package insert)	Use with caution in patients: * With significant renal impairment * With serious psychiatric illness * Undergoing dialysis	* Nausea * Insomnia * Abnormal, strange dreams	* Days 1-3: 0.5 mg every morning * Days 4-7: 0.5 mg twice daily * Day 8-end: 1 mg twice daily	* Start 1 week before quit date & use for 3-6 months * Typically quit on day 8 * Optional: quit between days 8 - 35	Prescription only: * Chantix
Nicotine Patch (7 mg, 14 mg or 21 mg)	* Do not use if you have severe eczema or psoriasis	* Local skin reaction * Insomnia	* One patch per day * If ≥ 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks * If < 10 cigs/day: 14 mg 8 wks	* Post-quit: 12 weeks * OPTIONAL Pre-quit: Up to 6 months prior to quit date with smoking reduction	OTC or prescription: * Generic * Nicoderm CQ * Nicotrol
Nicotine Lozenge (2 mg or 4 mg)	* Do not eat or drink 15 minutes before or during use * One lozenge at a time * Limit 20 in 24 hours	* Hiccups * Cough * Heartburn	* If smoke > 30 minutes after waking: 2 mg * If smoke ≤ 30 minutes after waking: 4 mg * Weeks 1-6: 1 every 1-2 hrs * Wks 7-9: 1 every 2-4 hrs * Wks 10-12: 1 every 4-8 hrs	3-6 months * OPTIONAL Pre-quit: Up to 6 months before quit date with smoking reduction * Recommend <u>mini-lozenge</u> due to more rapid nicotine blood level and ease of use	OTC Only: * Generic * Commit
Nicotine Gum (2 mg or 4 mg)	* Caution with dentures * Do not eat or drink 15 minutes before or during use	* Mouth soreness * Stomachache	* 1 piece every 1 to 2 hours * 6-15 pieces per day * If smoke > 30 minutes after waking: 2 mg * If smoke ≤ 30 minutes after waking: 4 mg	* Post-quit: Up to 12 weeks * OPTIONAL Pre-quit: Up to 6 months before quit date with smoking reduction	OTC Only: * Generic * Nicorette
Nicotine Inhaler (Package Insert)	* May irritate mouth/throat at first (improves with use)	* Local irritation of mouth & throat	* 6-16 cartridges/day * Inhale 80 times/cartridge * May save partially-used cartridge for next day	* Post-quit: Up to 6 months; taper at end * OPTIONAL Pre-quit: Up to 6 months before quit date with smoking reduction	Prescription Only: * Nicotrol inhaler
Nicotine Nasal Spray (Package Insert)	* Not for patients with asthma * May irritate nose (improves over time) * May cause dependence	* Nasal irritation	* 1 "dose" = 1 squirt per nostril * 1 to 2 doses/hour; 8 to 40 doses/day * Do NOT inhale	3-6 months; taper at end	Prescription only: * Nicotrol NS
Bupropion SR 150 (Package insert)	Not for use if you: * Use monoamine oxidase (MAO) inhibitor * Use bupropion in any other form * Have a history of seizures * Have a history of eating disorders	* Insomnia * Dry mouth	* Days 1-3: SR 150 mg each morning * Days 4-end: SR 150 mg twice daily	Start 1-2 weeks before quit date; use 2 to 6 months	Prescription Only: * Generic * Zyban * Wellbutrin SR

-Clinical Practice Guideline 2008 Update: Treating Tobacco Use & Dependence, U.S. Public Health Service, <http://www.ctri.wisc.edu/providers-guideline.htm>;

-New England Journal of Medicine 365:1222-1231 September 29, 2011

-FDA guidance on combination nicotine replacement therapy: <https://www.fda.gov/forconsumers/consumerupdates/ucm345087.htm>