

## Quit Tobacco Series

### #2-Medications Chart

Medication	Cautions/Warnings	Side Effects	Dosage	Use	Availability
<i>Bupropion</i> <i>SR 150</i> <i>(Package insert)</i>	<ul style="list-style-type: none"> <li>Not for use if you:</li> <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> <p><a href="#">FDA Boxed Warning</a></p>	<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> <li>* Wellbutrin SR</li> </ul>
<i>Nicotine Gum</i> <i>(2 mg or 4 mg)</i>	<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>* Post-quit: Up to 12 weeks</li> <li>* OPTIONAL 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>* Nicorette</li> </ul>
<i>Nicotine Inhaler</i> <i>(Package Insert)</i>	<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>* Post-quit: Up to 6 months; taper at end</li> <li>* OPTIONAL Pre-quit: Up to 6 months before quit date with smoking reduction</li> </ul>	Prescription Only: * Nicotrol inhaler
<i>Nicotine Lozenge</i> <i>(2 mg or 4 mg)</i>	<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	OTC Only: <ul style="list-style-type: none"> <li>* Generic</li> <li>* Commit</li> </ul>
<i>Nicotine Nasal Spray</i> <i>(Package Insert)</i>	<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	Prescription Only: <ul style="list-style-type: none"> <li>* Nicotrol NS</li> </ul>
<i>Nicotine Patch</i> <i>(7 mg, 14 mg or 21 mg)</i>	<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>* Post-quit: 12 weeks</li> <li>* OPTIONAL Pre-quit: Up to 6 months prior to quit date with smoking reduction</li> </ul>	OTC or prescription: <ul style="list-style-type: none"> <li>* Generic</li> <li>* Nicoderm CQ</li> <li>* Nicotrol</li> </ul>
<i>Varenicline</i> <i>(Package insert)</i>	<ul style="list-style-type: none"> <li>Use with caution in patients:</li> <li>* With significant renal impairment</li> <li>* With serious psychiatric illness</li> <li>* Undergoing dialysis</li> </ul> <p><a href="#">FDA Boxed Warning</a></p>	<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> </ul>	Prescription only: * Chantix
<i>Combinations:</i> 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.