

SMOKING CESSATION AIDS

Nicotine Replacement Therapy

Reduce nicotine withdrawal symptoms

Nicotine delivered is slower than inhaled tobacco smoke, which prevents dependence

Nicotine Patches

- Available in various strengths 21 mg, 14 mg, and 7 mg for step down therapy
- Maintains constant nicotine blood levels for 16-24 hours
- Replace the patch every day upon awakening on clean, dry, healthy skin of the between the neck and waist
- Rotate the patch to different skin sites every day to avoid skin irritation
- Remove patch at bedtime if you experience insomnia or nightmares
- Do not cut patch it will cause rapid evaporation making the patch useless

Nicorette Gum

- Comes in 2 mg and 4 mg pieces
- Gum should be chewed slowly until minty or peppery taste emerges, and then parked between the cheek and gums until minty or peppery taste is gone. Repeat this process for about 30 minutes, then discard gum
- Maximum use is 25 pieces per day
- Have gum available every day
- Do not eat or drink within 15 minutes of using the gum
- Side effects may include mouth soreness, headache, hiccups, and heart burn

Other Products

Do not contain Nicotine

Zyban® or Wellbutrin® (Bupropion SR)

- This medication increases chemicals in the brain to help diminish the cravings and other unpleasant symptoms that can occur during the first week of smoking cessation
- Common side effects include dry mouth, upset stomach, nausea, and irritability (generally mild and disappear in a few weeks); uncommon but severe side effects include seizures
- Medication is started 7-10 days prior to quit date; and the dose is 150 mg tablet daily for the first three days, then 150 mg twice a day for up to 14 weeks
- Avoid alcohol, especially heavy use

Chantix® (Varenicline)

- Works in the brain to decrease pleasure associated with smoking and helps with nicotine withdrawal symptoms
- Common side effects include: upset stomach, nausea, mood changes; rare but severe side effects include: depression, suicidal/homicidal thoughts
- Medication is started at least 1 week before quit date; the medication is started at a dose of 0.5 mg daily for 3 days, then 0.5 mg twice daily for 4 days, then 1 mg twice daily for at least 11 weeks

If you feel agitated, depressed, have changes in behavior that are not normal for you, or have suicidal thoughts, stop Zyban® or Chantix® and contact your medical provider