

FDA-Approved Tobacco Treatment Medications

LONG ACTING MEDICATIONS

Product	Use	Advantages	Disadvantages	Precautions	Side Effects	Cost (Estimates)
Nicotine Patch	Apply each day to clean, dry, hairless skin; Starting 21mg patch > 10 cig per day; can taper to 14mg after 4-6 weeks then 7mg after 2 weeks <u>if no cravings</u>	Place and forget; Over-the-counter; can decrease morning cravings if worn at night	Passive - No action to take when craving occurs	Not recommended to use while smoking, but no serious effects have been noted; caution within 2 weeks of heart attack	Skin reaction (50% of patients); Rotate sites; hydrocortisone cream; vivid dreams or sleep disturbances possible if worn at night	\$25 / 2 weeks supply (generics available and effective) at big discount stores
Zyban/ Wellbutrin/ Bupropion: SR (2x daily) & XL (1x daily)	150mg each morning for 3-7 days, then may increase to 300mg/day if desired (OK to maintain 150mg dose). Start 1-2 weeks before quit date; If 2x daily dosing doses must be at least 8hrs apart; take second pill in early evening to reduce insomnia	Less weight gain while using; antidepressant benefit	Side effects not uncommon; Passive - No action take with cravings; Prescription required	DO NOT USE with: Seizure disorders; current use of Wellbutrin or MAO inhibitors; electrolyte abnormalities; eating disorders; Monitor blood pressure	Insomnia (40%); dry mouth, headache, anxiety, rash Flexible dosing (keeping at 150mg/day) helpful if side effects occur	\$60/month (Generic) \$150/month (Brand)
Chantix (Varenicline)	0.5mg 1x daily - Days 1-3 0.5mg 2x daily - Days 4-7, then 1mg 2x daily	Reduces withdraw and may prevent relapse	Passive - No action to take with cravings' Prescription required	DO NOT USE if you have sever kidney disease; Evaluate mental illness and monitor mood	Nausea (30% usually mild - can reduce to 0.5mg level; Take with food; insomnia. Caution for Neuropsych effects (e.g. depression, suicidal ideation). Need good follow-up	\$200/month or more

SHORT ACTING MEDICATIONS

Nicotine Gum	Chew every 1-2 hours as needed; chew and park; 2 and 4mg strength (4mg if dependent)	Use as needed; can self-dose; Over-the-counter	Difficult to chew, taste (newer flavors improved)	Avoid food and drinks 15 min. before and while using (decreases absorption); caution within 2 weeks of heart attack	Jaw pain; nausea if swallowing saliva	\$35-\$50 - 2 week supply; Generic brands less expensive
Nicotine Inhaler	Puff as needed; up to 16 cartridges/ day; oral absorbed - no need to inhale deeply	Use as needed; mimics hand-mouth behavior	Costly, visible; Requires prescription	Avoid food and acidic drinks before and while using; Caution within 2 weeks of heart attack	Cough, throat irritation (usually mild)	\$300 / 168 cartridges Wide variation in price
Nicotine Nasal Spray	102 sprays per hour; do not sniff/ inhale - tilt head back to spray	Use as needed; rapid relief of symptoms	Cost; Requires prescription	Caution with asthma, nasal/sinus problems; caution within 2 weeks of heart attack	Nasal irritation; Possible dependence	\$300 / 4 bottles
Nicotine Lozenge	2 and 4mg (4mg if smoke within 30 min of waking); dissolve in mouth; do not chew; use 9-15 per day for 6 weeks then taper; Mini-lozenges	Ease of use, over-the-counter; flexible	Slightly more costly than gum	Avoid food and acidic drinks before and while using; caution within 2 weeks of heart attack	Hiccups, nausea, heartburn	\$40-50 for 72 lozenges; Generic brand may be cheaper