



# Medications for the Treatment of Tobacco Dependence

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## Medications Chart\*

MEDICATION	CAUTIONS	SIDE EFFECT	DOSAGE	USE	AVAILABILITY
<i>Nicotine Patch</i>	Do not use if you have severe eczema or psoriasis	- Local skin reaction - Insomnia	- One patch per day - If > 10 cigs/day: 21mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks - If < 10/day: 14 mg 4 wks, then 7 mg 4 wks	8-12 weeks	OTC: - Generic - Nicoderm QD - Nicotrol Prescription: - Generic
<i>Nicotine Gum (2 mg or 4 mg)</i>	- Caution with dentures - Don't eat or drink 15 minutes before or during use	- Mouth soreness - Stomach ache	- 1 piece every 1 to 2 hours - 6-15 pieces - 2 mg: If smoking 24 cigarettes or less per day - 4 mg: If smoking 25+ cigs or chewing tobacco	Up to 12 weeks as needed	OTC only: - Generic - Nicorette
<i>Nicotine Lozenge (2 mg or 4 mg)</i>	- Do not eat or drink 15 minutes before or during use	- Hiccups - Cough - Heartburn	- 2 mg: If you don't smoke/chew for 30 minutes or more after waking - 4 mg: If you smoke/chew within 30 minutes of waking - Wks 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	OTC only: - Generic - Commit
<i>Nicotine Inhaler</i>	- May irritate mouth/throat at first (but improves with use) - Don't eat or drink 15 minutes before or during use	- Local irritation of mouth and throat	- 6-12 cartridges/day - Inhale 80 tims/cartridge - May save partially used cartridge for next day	Up to 6 months; taper at end	Prescription Only Nicotrol inhaler
<i>Nicotine Nasal Spray</i>	- 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 per hour - 8 - 40 doses per day - Do NOT inhale	3 to 6 months; taper at end	Prescription Only Nicotrol NS



Florida AHEC Network  
**1-87-Quit-Now-6**  
 (1-877-848-6696)



MEDICATION	CAUTIONS	SIDE EFFECT	DOSAGE	USE	AVAILABILITY
<i>Bupropion SR 150</i>	Not for use if you: - Current use a 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: 150 mg each morning - Day 4-end: 150 mg twice daily	Start 1-2 weeks before your quit date; use 2 to 6 months	Prescription Only: - Generic - Zyban: - Wellbutin SR
<i>Varenicline</i>	Use with caution in patients: - With significant renal Impairment - With serious Psychiatric illness - Undergoing dialysis	- Nausea - Insomnia - Abnormal, vivid or 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	Prescription Only: Chantix

**FDA Warning:** Varenicline patients have reported depressed mood, agitation, changes in behavior, suicidal ideation and suicide.

**Combinations**

1. Patch + bupropion 2. Patch + gum 3. Patch + lozenge OR inhaler	- Only patch + bupropion is currently FDA-approved - Follow instructions for individual medications	- See individual medications	- See individual medications	- See above	- See above
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See FDA package inserts for more information

\*Based on the 2008 Clinical Practice Guideline: Treating Tobacco Use and Dependence, U.S. Public Health Service, June 2008