

See FDA package inserts for more information, including more detailed safety information. Ask your doctor if one of these options is right for you.

Medication	Cautions/Warnings	Side Effects	Dosage	Use	Availability (check insurance)
Bupropion SR 150	<p>Not for use if you:</p> <ul style="list-style-type: none"> * Currently use monoamine oxidase (MAO) inhibitor * Use bupropion in any other form * Have a history of seizures * Have a history of eating disorders 	<ul style="list-style-type: none"> * Insomnia * Dry mouth 	<ul style="list-style-type: none"> * Days 1-3: 150 mg each morning * Days 4–end: 150 mg twice daily 	<p>Start 1-2 weeks before quit date; use 2 to 6 months</p>	<p>Prescription Only:</p> <ul style="list-style-type: none"> * Generic * Zyban * Wellbutrin SR
Nicotine Gum (2 mg or 4 mg)	<ul style="list-style-type: none"> * Caution with dentures * Do not eat or drink 15 minutes before or during use 	<ul style="list-style-type: none"> * Mouth soreness * Stomach ache 	<ul style="list-style-type: none"> * 1 piece every 1 to 2 hours * 6-15 pieces per day * If ≤ 24 cigs: 2 mg * If ≥ 25 cigs/day or chewing tobacco: 4 mg 	<p>Up to 12 weeks or as needed</p>	<p>OTC Only:</p> <ul style="list-style-type: none"> * Generic * Nicorette
Nicotine Inhaler	<ul style="list-style-type: none"> * May irritate mouth/throat at first (but improves with use) 	<ul style="list-style-type: none"> * Local irritation of mouth & throat 	<ul style="list-style-type: none"> * 6-16 cartridges/day * Inhale 80 times/cartridge * May save partially-used cartridge for next day 	<p>Up to 6 months; taper at end</p>	<p>Prescription Only:</p> <ul style="list-style-type: none"> * Nicotrol inhaler
Nicotine Lozenge (2 mg or 4 mg)	<ul style="list-style-type: none"> * Do not eat or drink 15 minutes before or during use * One lozenge at a time * Limit 20 in 24 hours 	<ul style="list-style-type: none"> * Hiccups * Cough * Heartburn 	<ul style="list-style-type: none"> * If smoke/chew ≥ 30 minutes after waking: 2 mg * If smoke/chew ≤ 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 	<p>3-6 months</p>	<p>OTC Only:</p> <ul style="list-style-type: none"> * Generic * Commit
Nicotine Nasal Spray	<ul style="list-style-type: none"> * Not for patients with asthma * May irritate nose (improves over time) * May cause dependence 	<ul style="list-style-type: none"> * Nasal irritation 	<ul style="list-style-type: none"> * 1 “dose” = 1 squirt per nostril * 1 to 2 doses per hour * 8 to 40 doses per day * Do NOT inhale 	<p>3-6 months; taper at end</p>	<p>Prescription Only:</p> <ul style="list-style-type: none"> * Nicotrol NS
Nicotine Patch	<p>Do not use if you have severe eczema or psoriasis</p>	<ul style="list-style-type: none"> * Local skin reaction * Insomnia 	<ul style="list-style-type: none"> * One patch per day * If ≥ 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks * If <10/day: 14 mg 4 wks, then 7 mg 4 wks 	<p>8-12 weeks</p>	<p>OTC or prescription:</p> <ul style="list-style-type: none"> * Generic * Nicoderm CQ * Nicotrol
Varenicline	<p>Use with caution in patients:</p> <ul style="list-style-type: none"> * With significant renal impairment * With serious psychiatric illness * Undergoing dialysis <p>FDA Warning: Varenicline patients have reported depressed mood, agitation, changes in behavior, suicidal ideation and suicide.</p>	<ul style="list-style-type: none"> * Nausea * Insomnia * Abnormal, vivid or strange dreams 	<ul style="list-style-type: none"> * Days 1-3: 0.5 mg every morning * Days 4-7: 0.5 mg twice daily * Day 8–end: 1 mg twice daily 	<p>Start 1 week before quit date; use 3-6 months</p>	<p>Prescription only:</p> <ul style="list-style-type: none"> * Chantix
<p>Combinations:</p> <ol style="list-style-type: none"> 1) Patch + bupropion 2) Patch + gum 3) Patch + [lozenge or inhaler] 	<ul style="list-style-type: none"> * Only patch + bupropion is currently FDA-approved. * Follow instructions for individual medications. 	<p>See individual medications above.</p>	<p>See individual medications above.</p>	<p>See above.</p>	<p>See above.</p>

Updated June 2008

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