

## MEDICATIONS

The United States Public Health Service guidelines for quitting tobacco use recommend a combination of counseling and medication. The following seven medications are approved by the FDA for that purpose, and can significantly increase your chances of quitting. Talk to your doctor to find the right fit for you.

### Bupropion SR 150 generic (Zyban)



Bupropion SR is a prescription pill marketed under the brand name Zyban. It is also available generically. It is designed to help reduce cravings for nicotine. It can also relieve symptoms of depression for some patients. This is not for use if you have a history of seizures or eating disorders or are currently using a monoamine oxidase (MAO) inhibitor or any other form of bupropion (such as Zyban or Wellbutrin). Treatment is recommended for seven to 12 weeks. Begin taking bupropion 7-14 days prior to your quit date. On July 1, 2009, the FDA issued a boxed warning for use of bupropion. For more information, visit the FDA Web site: <http://www.fda.gov/Drugs/DrugSafety/PublicHealthAdvisories/ucm169988.htm>

### Nicotine Replacement Therapies (NRT)

*Unlike the high risk of addiction to tobacco use, the risk of addiction to NRT is very low.*



**Patch.** Patches are designed to provide a steady stream of nicotine through your skin over a designated time (16-24 hours, depending on the product). The patch is available via prescription or over the counter (OTC). It's designed to give you enough nicotine to ease cravings. Treatment is typically recommended for six to eight weeks.

**Gum.** This OTC product is recommended for smokers who want something to turn to when experiencing urges to smoke. Chew up to 20-30 pieces a day for six to eight weeks. Use the 4 mg gum if you're smoking 25 cigarettes or more per day. Use the 2 mg gum if you're smoking less than 24 cigarettes a day.



**Inhaler.** Patients "puff" small doses of nicotine through this prescription product that looks similar to a cigarette. Unlike a cigarette, there is no harmful carbon monoxide. Treatment usually lasts eight to 12 weeks, depending on the patient.

**Nasal spray.** This prescription product sprays nicotine into your nose. Recommended use is up to two sprays an hour for as many as three months.



**Lozenge.** This OTC medication is usually used eight to 12 weeks. If you typically have your first cigarette within 30 minutes of awakening, use the 4 mg dose. Otherwise use the 2 mg dose. Patients are urged to use at least 6 to 12 lozenges per day.



### Varenicline (Chantix)

Varenicline is a quit-smoking pill available by prescription only. Varenicline is intended to block some of the rewarding effects of nicotine (the addictive drug in tobacco products) while preventing the withdrawal most people feel after they quit. Begin taking varenicline seven days prior to your quit date. Recommended treatment is 12 weeks. The most common side effects include nausea, headache, trouble sleeping and abnormal dreams. The FDA and manufacturer warn that varenicline patients have reported depressed mood, agitation, behavior changes, thoughts of suicide and some have committed suicide. If you experience a change in mood or behavior while taking this medication, inform your clinician. On July 1, 2009, the FDA issued a boxed warning for use of varenicline. For more information, visit the FDA Web site: <http://www.fda.gov/Drugs/DrugSafety/PublicHealthAdvisories/ucm169988.htm>

