## Tobacco Dependence Treatment Medications

<table>
<thead>
<tr>
<th>Medication</th>
<th>Cautions/Warnings</th>
<th>Side Effects</th>
<th>Dosage</th>
<th>Use</th>
<th>Availability</th>
</tr>
</thead>
</table>
| **Combination Nicotine Replacement Therapy (NRT)**  
1) Patch + lozenge  
2) Patch + gum | * Follow instructions for individual medications | See individual medications below | See below | See below | See below |
| **Varenicline (Package insert)** | * With significant renal impairment  
* With serious psychiatric illness  
* Undergoing dialysis | * Nausea  
* Insomnia  
* Abnormal, strange dreams | * Days 1-3: 0.5 mg every morning  
* Days 4-7: 0.5 mg twice daily  
* Day 8-ends: 1 mg twice daily | * Start 1 week before quit date & use for 3-6 months  
* Typically quit on day 8  
* Optional: quit between days 8 - 35 | Prescription only:  
* Chantix |
| **Nicotine Patch (7 mg, 14 mg or 21 mg)** | * Do not use if you have severe eczema or psoriasis  
| | * Local skin reaction  
* Insomnia | * One patch per day  
* If ≥ 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks  
* If ≤ 10 cigs/day: 14 mg 8 wks | * Post-quit: 12 weeks  
* OPTIONAL Pre-quit: Up to 6 months prior to quit date with smoking reduction | OTC or prescription:  
* Generic  
* Nicoderm CQ  
* Nicotrol |
| **Nicotine Lozenge (2 mg or 4 mg)** | * Do not eat or drink 15 minutes before or during use  
* One lozenge at a time  
* Limit 20 in 24 hours | * Hiccups  
* Cough  
* Heartburn | * If smoke > 30 minutes after waking: 2 mg  
* If smoke ≤ 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 | 3-6 months  
* OPTIONAL Pre-quit: Up to 6 months before quit date with smoking reduction  
* Recommend mini-lozenge due to more rapid nicotine blood level and ease of use | OTC Only:  
* Generic  
* Commit |
| **Nicotine Gum (2 mg or 4 mg)** | * Caution with dentures  
* Do not eat or drink 15 minutes before or during use | * Mouth soreness  
* Stomachache | * 1 piece every 1 to 2 hours  
* 6-15 pieces per day  
* If smoke > 30 minutes after waking: 2 mg  
* If smoke ≤ 30 minutes after waking: 4 mg | * Post-quit: Up to 12 weeks  
* OPTIONAL Pre-quit: Up to 6 months before quit date with smoking reduction | OTC Only:  
* Generic  
* Nicorette |
| **Nicotine Inhaler (Package insert)** | * May irritate mouth/throat at first (improves with use) | * Local irritation of mouth & throat | * 6-16 cartridges/day  
* Inhal 80 times/cartridge  
* May save partially-used cartridge for next day | * Post-quit: Up to 6 months; taper at end  
* OPTIONAL Pre-quit: Up to 6 months before quit date with smoking reduction | Prescription Only:  
* Nicotrol inhaler |
| **Nicotine Nasal Spray (Package insert)** | * 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/hour; 8 to 40 doses/day  
* Do NOT inhale | 3-6 months; taper at end | Prescription only:  
* Nicotrol NS |
| **Bupropion SR 150 (Package insert)** | Not for use if you:  
* Use 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: SR 150 mg each morning  
* Days 4-end: SR 150 mg twice daily | Start 1-2 weeks before quit date; use 2 to 6 months | Prescription Only:  
* Generic  
* Zyban  
* Wellbutrin SR |

-FDA guidance on combination nicotine replacement therapy: https://www.fda.gov/forconsumers/consumerupdates/ucm345087.htm  

April 2017