

# Pharmacotherapy Reference Guide for Tobacco Dependence

Product	Use	Advantages	Disadvantages	Precautions	Side Effects
<b>Long Acting Medications</b>					
<b>Nicotine Patch</b>	Apply daily to clean, dry, hairless skin; start with 21 mg if >10cpd for 4-6 weeks; 14mg for 2 wks; 7mg for 2 wks if no cravings	Place and forget; consistent nicotine levels; can decrease morning cravings if worn overnight; OTC	Passive- no direct action during a craving	Caution with recent heart attack; not recommended to use while smoking	Skin reaction (50% of patients, usually mild); rotate sites; treat with hydrocortisone cream; vivid dreams or sleep disturbances
<b>Bupropion (Wellbutrin, Zyban)</b>	Begin 1 week before quitting; 150 mg each morning for 3-7 days, then 300 mg/day; take second pill in early evening to reduce insomnia	Can be used with NRT; less weight gain; safe to smoke while taking	Side effects are common; passive; requires prescription	Do not use with seizure disorders, current MAOI use, electrolyte abnormality or eating disorders; monitor blood pressure	Insomnia (40%), dry mouth, anxiety, rash, constipation
STOP taking Bupropion and contact a healthcare provider immediately if you experience agitation, hostility, depressed mood, changes in thoughts or behavior that are not typical for you, thinking about or attempting suicide, allergic or skin reactions including swelling, rash, redness or peeling of the skin.					
<b>Varenicline (Chantix)</b>	Begin 1 week before quitting; 0.5 mg once daily for 1-3 days; 0.5 mg twice daily for days 4-7, then 1 mg twice daily	Reduces withdrawal; convenient dosing; may prevent relapse	Passive; requires prescription	Do not use if you have severe kidney impairment; evaluate mental illness; not recommended w/ other tobacco treatment meds	Nausea (30%), sleep disturbances, vivid dreams, constipation, gas, vomiting; monitor for depression
STOP taking Varenicline and contact a healthcare provider immediately if you experience agitation, hostility, depressed mood, changes in thoughts or behavior that are not typical for you, thinking about or attempting suicide, allergic or skin reactions including swelling, rash, redness or peeling of the skin.					
<b>Short Acting Medications</b>					
<b>Nicotine Gum</b>	Chew every 1-2 hours as needed; chew and park; 2 & 4 mg strength; 4 mg if around 1 pack per day	Able to use as needed; can self dose; might satisfy oral cravings; OTC	Need to use proper chewing techniques to minimize side effects	Caution with recent heart attack; avoid food and acidic drinks 15 minutes before and while using (decreases absorption)	Jaw soreness, upset stomach if swallowing saliva
<b>Nicotine Inhaler</b>	Puff as needed; 6-16 cartridges per day; less needed if using combination therapy; oral absorption-don't inhale deeply	Use as needed; mimics hand to mouth behavior	Requires prescription; initial throat and mouth irritation	Caution with recent heart attack; avoid food and acidic drinks 15 minutes before and while using (decreases absorption)	Mouth or throat irritation (40%), cough
<b>Nicotine Nasal Spray</b>	1-2 doses/hour; 8-40 doses per day; do not sniff or inhale; tilt head back and spray	Use as needed; rapid relief of symptoms	Initial nasal and throat irritation; requires a prescription	Caution with recent heart attack; asthma, rhinitis, sinusitis, nasal polyps	Nasal irritation (80-90%); runny nose, tearing, sneezing
<b>Nicotine Lozenge</b>	2 and 4 mg (4 mg if smoke within 30 min of waking); 20 per day max; dissolve in mouth; do not chew	Able to use as needed; flexible dosing; might satisfy oral cravings; OTC	Nausea and other GI side effects	Caution with recent heart attack; avoid food and acidic drinks 15 minutes before and while using (decreases absorption)	Nausea, hiccups, cough, heartburn

Abbreviations: cpd=cigarettes per day; MAOI=monoamine oxidase inhibitors; NRT=nicotine replacement therapy; OTC=over the counter

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