

Medication Options for Tobacco Treatment

Drug	Over the counter	Dosing	How to use it	Possible side effects	Helpful tips
Nicotine patch	Yes	<p>21 mg for 10-20 cigarettes/day</p> <p>14 mg for 9 or less cigarettes/day</p> <p>7 mg used for final stage of quitting</p> <p>Slowly step down to lower dose patch over the course of 3 months. May use longer if needed.</p> <p>If smoking 20+ cigarettes/day talk to your doctor about using 2 patches for higher dosing.</p>	<p>Every morning, apply a new patch to dry skin.</p> <p>Hold for 20 seconds.</p> <p>Choose a different location on your body every day.</p>	<p>Skin irritation</p> <p>Trouble sleeping, vivid dreams</p>	<p>Skin irritation-try applying over the counter 2% hydrocortisone cream to affected area</p> <p>Trouble sleeping/vivid dreams- try removing patch an hour before bedtime</p> <p>If you slip and smoke, don't take the patch off. Keep using the patch to help you get back on track.</p> <p>If you still have cravings, consider adding the nicotine gum, lozenge or inhaler while using the patch or talk to your doctor about increasing your patch dose.</p> <p>May start patch before quit date</p>
Nicotine lozenge	Yes	<p>If your first cigarette is within 30 minutes of waking up, use 4 mg lozenge.</p> <p>Use 2 mg lozenge, if your first cigarette is after 30 minutes of waking up.</p> <p>One piece every hour (Max ≤24 pieces/day)</p>	<p>Place between your gum and cheek. Move it side to side and allow it to melt slowly. Do not bite or chew. Do not use while eating or drinking.</p>	<p>Mouth and throat irritation, hiccups, heartburn, or nausea</p>	<p>Good substitute for cigarettes when you get a sudden urge to smoke</p> <p>Easier to use than gum for those with dental work or dentures</p> <p>May be used with the patch</p> <p>Multiple flavors available</p>
Nicotine gum	Yes	<p>If you smoke your first cigarette within 30 minutes of waking up, use 4 mg gum.</p> <p>Use 2 mg gum, if your first cigarette is after 30 minutes of waking up.</p> <p>One piece every hour (Max ≤24 pieces/day)</p>	<p>Chew briefly until your mouth tingles and then 'park' gum inside your cheek until the tingle fades. Repeat chew and park routine for 20-30 minutes, then remove gum. Do not use while eating or drinking.</p>	<p>Mouth irritation, jaw soreness, heartburn, hiccups, or nausea (usually due to chewing without parking)</p>	<p>Good substitute for cigarettes when you get a sudden urge to smoke</p> <p>Can damage dental work and be difficult to use with dentures</p> <p>May be used with the patch</p> <p>Multiple flavors available</p>

Nicotine inhaler	No	10 mg per cartridge 1 cartridge every 1-2 hours (Max 16 cartridges/day)	Bring inhaler to mouth and puff to absorb nicotine through mouth and back of throat. Do not inhale into lungs. Use the puffer until cravings go away. Each cartridge has approximately 80 puffs.	Mouth and throat irritation, coughing if inhaled too deeply	Good substitute for cigarettes when you get a sudden urge to smoke May be used with the patch Frequent puffing required Change cartridge when you no longer taste the nicotine
Varenicline	No	0.5 mg/day for three days, then 0.5 mg twice a day for four days, then 1 mg twice a day Use for 12 to 24 weeks.	Start 1-4 weeks before quit date Take after a meal and with a tall glass of water. Space morning and afternoon doses 8 hours apart (at least 4 hours before bedtime).	Nausea, insomnia, vivid dreams, headache	Decreases nicotine withdrawal symptoms and the pleasure you feel from smoking. To help reduce vivid dreams, try taking second dose earlier in day (or skip second dose). If nausea continues, try reducing dose to 0.5 mg twice daily.
Bupropion SR	No	150 mg/day for three days, then 150 mg twice a day Use for 12 to 24 weeks	Start 1-2 weeks before quit date Space morning and afternoon doses 8 hours apart (at least 4 hours before bedtime).	Insomnia, agitation, dry mouth, headache	Less weight gain while taking medication Agitation or trouble sleeping- talk to your doctor about lowering your dose

Adapted from UpToDate, https://www.uptodate.com/contents/image?imageKey=PC%2F97259&topicKey=PC%2F16635&source=outline_link, 2018.