

Stop Smoking Medications

| Product Information | Directions for Use | Pros | Cons |
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| <p>Nicotine Patch (e.g. Habitrol®, Nicoderm®, Nicorette®)</p> <ul style="list-style-type: none"> • 7, 14 or 21 mg (24-hour patch). • 5, 10, 15 mg (16-hour patch) • Nicotine is absorbed through the skin. • No prescription needed. | <ul style="list-style-type: none"> • Place a new patch on dry, clean, non-hairy area of skin. • Place new patch on a different area of skin daily. • To be worn for 16-24hrs, as directed by the product. • To be removed 2 hours before engaging in prolonged strenuous exercise. | <ul style="list-style-type: none"> • Easy to use. • Provides steady levels of nicotine throughout the day. • Discreet. • Few side effects. • Once a day application. | <ul style="list-style-type: none"> • Less flexibility in dosing, as cannot adjust dose if craving occurs. • Skin rash or irritation are possible side-effects. • Onset of nicotine delivery is slow compared to other products. • Not recommended for people with skin problems or allergies to adhesive tape. |
| <p>Nicotine Gum (e.g. Nicorette®, Thrive®)</p> <ul style="list-style-type: none"> • 2 or 4 mg. • Nicotine is absorbed through the lining of the mouth. • No prescription needed. | <ul style="list-style-type: none"> • Bite the gum once or twice, until the nicotine taste appears, then “park” the gum between the cheek and gum for about 1 minute. Repeat bite, park, bite, park up to once every minute when desire to smoke arises. Go slowly. Discard after 30 minutes. • Most people require 10 to 12 pieces per day. Do not use more than 20 pieces per day. | <ul style="list-style-type: none"> • Convenient. • Flexible dosing. • Can be used with patch for intermittent cravings. • Faster delivery of nicotine than patches but shorter than tobacco use. • Oral gratification. • Can be used to reduce the number of cigarettes smoked for those who intend to quit smoking. | <ul style="list-style-type: none"> • Must use frequently to achieve optimal nicotine levels. • Proper chewing technique required to avoid side effects and achieve efficacy. • Avoid use of acidic beverages and foods (e.g. coffee, soft drinks) while chewing and 15 min before to avoid decrease in absorption. • May be inappropriate for people with dental problems, dentures or TMJ (temporomandibular joint) syndrome. |
| <p>Nicotine Inhaler (e.g. Nicorette®)</p> <ul style="list-style-type: none"> • Each cartridge contains 10 mg but delivers 4 mg of nicotine. • Nicotine is released as vapour that is absorbed through the lining of the mouth. • No prescription needed. | <ul style="list-style-type: none"> • Should be puffed ~5-10 minutes at a time. • Each cartridge will provide 80 puffs, which is about 20 minutes of continuous puffing. • Most people use about 6 cartridges per day. Do not use more than 12 cartridges per day. • Discontinue when the usage is down to 1 to 2 times per day. | <ul style="list-style-type: none"> • Satisfies hand-to-mouth ritual. • Flexible dosing. • Can be used with patch for intermittent cravings. • Faster delivery of nicotine than patches but shorter than tobacco use. • Few side effects. | <ul style="list-style-type: none"> • Use with caution in people with spastic airway illnesses. • May cause cough, throat and mouth irritation, stomach upset. • Device visible when used. • Cartridge should not be used for more than 24 hours once punctured. • Colder temperatures decrease absorption rate. |
| <p>Nicotine Lozenge (e.g. Nicorette®, Thrive®)</p> <ul style="list-style-type: none"> • 1, 2 or 4 mg. • Nicotine is absorbed through the lining of the mouth. • No prescription needed. | <ul style="list-style-type: none"> • Slowly dissolve 1 lozenge at a time, moving from one side of the mouth to the other periodically. • Frequency of dosing dependent on week of treatment. • Do not use more than 15 lozenges per day. • Discontinue when the dose has been reduced to 1-2 lozenges per day. | <ul style="list-style-type: none"> • Convenient. • Easier to use than nicotine gum, as no chewing required. • Appropriate for people with dental problems, dentures or TMJ (temporomandibular joint) syndrome. • Flexible dosing. • Can be used with patch for intermittent cravings. • Faster delivery of nicotine than patches but shorter than tobacco use. • Oral gratification. | <ul style="list-style-type: none"> • Can be used to reduce the number of cigarettes smoked for those who intend to quit smoking. • Should not be swallowed or chewed to avoid increased side-effects. • Avoid use of acidic beverages and foods (e.g. coffee, soft drinks) while chewing and 15 min before to avoid decrease in absorption. |

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| <p>Bupropion hydrochloride Sustained Release Tablets (e.g. Zyban®)</p> <ul style="list-style-type: none"> • 150 mg per oral tablet. • Prescription needed. | <ul style="list-style-type: none"> • Treatment must begin about one week before target quit date. • Take one table daily on days 1 to 3; then one tablet twice a day until treatment is complete. | <ul style="list-style-type: none"> • Easy to use (pill form). • Can be used in combination with nicotine replacement therapy. | <ul style="list-style-type: none"> • Long acting tablets (cannot be crushed). • Contraindicated for people with eating disorders, seizure disorders or using similar medications or MAOI. • Caution in patients with psychiatric illnesses. |
| <p>Varenicline tartrate (e.g. Champix®)</p> <ul style="list-style-type: none"> • 0.5 mg and 1 mg oral tablets. • Prescription needed. | <ul style="list-style-type: none"> • Treatment should begin one week before target quit date. • Usual dosing: 0.5 mg daily on days 1 to 3; 0.5 mg twice daily on days 4 to 7; then 1 mg twice daily until treatment is complete. | <ul style="list-style-type: none"> • Easy to use (pill form). • Maybe helpful in long-term prevention of relapse. • Higher quit rates compared to other available agents. | <ul style="list-style-type: none"> • Nausea occurs frequently, but usually decreases with continued use. • Vomiting, constipation, and sleep disturbance may occur. • Caution in patients with psychiatric illnesses. • One common side-effect is abnormal dreams. • Not recommended for use with nicotine replacement therapy. |

This resource has been created for information purposes only. The information contained in this resource should only be used in consultation with a health care professional.

KEEP ALL MEDICATIONS OUT OF THE REACH OF CHILDREN

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