



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.

### **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). Treatment is typically recommended for up to 12 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 smoke within 30 minutes of waking. Otherwise, use the 2 mg gum.

#### **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 8-12 weeks.

#### **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 8-12 weeks. If you typically have your first cigarette within 30 minutes of awakening, use the 4 mg dose. Otherwise use the 2 mg dose. Use at least 6-12 lozenges per day.



### **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 7-14 days prior to your quit date. On December 16, 2016, the FDA removed the boxed warning regarding serious neuropsychiatric events from Bupropion. Based on a review of a large clinical trial, the FDA has determined the risk of serious side effects on mood, behavior, or thinking is lower than previously suspected.

### **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. On December 16, 2016, the FDA removed the boxed warning regarding serious neuropsychiatric events from Varenicline. Based on a review of a large clinical trial, the FDA has determined the risk of serious side effects on mood, behavior or thinking is lower than previously suspected. If you experience a change in mood or behavior while taking this medication, inform your clinician.