

Tobacco Treatment Medication Prescribing Chart**

These highlights do not include all information needed for safe and effective use. See full prescribing information.

Medication	Nicotine Replacement Therapies (NRT)*					Bupropion (SR or XL) (Zyban, Wellbutrin)	Varenicline (Chantix, Champix)***
	Transdermal Nicotine Patch (Long-acting NRT)	Nicotine Polacrilex gum (Short-acting NRT)	Nicotine Lozenge (Short-acting NRT)	Nicotine Nasal Spray (Short-acting NRT)	Nicotine Inhaler (Short-acting NRT)		
Suggested Regimen	<p><= 10 cig/d, start with 14mg/qd x 6 wks or longer</p> <p>>10 cig/d, start with 21mg/qd x 6 wks or longer</p> <p>If needed smokers <= 10 cig/d feel comfortable prescribing 21mg/qd</p>	<p>1st cig >30 mins after awakening, 2 mg/hr</p> <p>1st cig =<30 mins after awakening, 4 mg/hr</p> <p>If needed for smokers <= 10 cig/d, feel comfortable prescribing 4mg gum</p>	<p>1st cig >30 mins after awakening, 2 mg/hr</p> <p>1st cig =<30 mins after awakening, 4 mg/hr</p> <p>If needed for smokers <= 10 cig/d, feel comfortable prescribing 4mg lozenges</p>	<p>1-2 sprays per nostril/hr, PRN.</p> <p>Increase to 5 sprays per nostril per hr (max 80 sprays total) x 3 mos</p>	<p>4 puffs/min x 20-30 mins per cartridge PRN</p>	<p>Days 1-3: 150mg po qam then Day 4 to 12 weeks (or end of treatment): 150mg SR bid or 300mg XL po qam</p>	<p>Start >= 1 week before target quit date 0.5mg po qam x 3days then 0.5mg po bid x 4days then 1 mg po bid x 11 weeks to 6 months</p> <p>Target quit date can be delayed or extended if needed.</p>
Precautions	<p>Pregnancy Class D Uncontrolled HTN Skin disorders (patch) MRI (patch) Advise starting with highest does patch Except c/ patients <100 lbs. TMJ disease, dental work, dentures (gum) Na++ restricted diet (gum, loz, nasal spray, inhaler) Sinusitis, rhinitis (nasal spray) Reactive airways disease (nasal spray, inhaler)</p>					<p>Pregnancy Class C Uncontrolled HTN Severe cirrhosis/ abnormal LFTs-dos-adjustment required Mild-mod hepatic & mod-sever renal impairment-consider dose adjustment</p>	<p>Pregnancy Class C Seizure disorder CrCL <30 or dialysis-dose adjustment required May increase risk of CV events in pts c/ CVD</p>
Potential Contraindications	<p>MI w/I 2 wks Serious cardiac arrhythmia Unstable angina</p>					<p>MAO inhibitor in past 14 days Seizure disorder or risk, bulimia/ anorexia Abrupt discontinuation of EtOH or sedatives Serious head trauma</p>	<p>Known hx of serious hypersensitivity or skin reactions to varenicline</p>
Potential Adverse Effects	<p>Be advised most patients receive too little (not too much) nicotine from their NRTs Possible symptoms of too much nicotine (eg, nausea, headache, dizziness, tachycardia (patch) Skin irritation, insomnia (nausea, headache, dizziness, insomnia are also tobacco withdrawal symptoms) Hiccups, heartburn (gum, loz) Nasal irritation, tearing, sneezing (nasal spray) Mouth and throat irritation (inhaler)</p>					<p>Insomnia, dry mouth, headaches, pruritis, pharyngitis, tachycardia, seizures, neuropsychiatric effects & suicide risk (Black-boxed warnings removed Dec 16, 2016)</p>	<p>Nausea, insomnia, abnormal dreams, constipation, neuropsychiatric effects, seizures, suicide risk and cardiovascular events (Black-boxed warnings removed Dec 16, 2016)</p>

*In 2013, the FDA did not identify any safety risks associated with longer-term NRT products. Tailor treatment to patient's needs.

** Virtually every FDA medication can be combined with every other in various permutations and combinations.

*** Champix is a trade name used outside the USA. Alternatively, patients can use varenicline to reduce cigs per day ad lib or to delay their target quit day for 35 days until they feel comfortable quitting.