

Drugs Used to Treat Tobacco Use – 2006

Product	Method of Sale	Daily Dose (Duration of Use)	Common Side Effects	Advantages	Disadvantages
Nicotine replacement therapy					
* Skin patch (<i>Nicoderm, others</i>) 21 mg, 14 mg, or 7 mg	OTC	1 patch for 24 hrs (2 months)	<ul style="list-style-type: none"> • Skin irritation • Insomnia 	<ul style="list-style-type: none"> • Steady level of nicotine • Easy to use • Unobtrusive • No prescription needed 	<ul style="list-style-type: none"> • User cannot adjust dose if craving occurs
* Gum (<i>Nicorette</i>) 2 mg (<25 cigarettes/day) 4 mg (≥25 cigarettes/day)	OTC	1 piece/hour § (<24 pieces/day) (2-3 months)	<ul style="list-style-type: none"> • Mouth irritation • Sore jaw • Dyspepsia • Hiccups 	<ul style="list-style-type: none"> • User controls dose • Provides oral substitute • No prescription needed 	<ul style="list-style-type: none"> • Proper chewing technique critical • Difficult to use if poor dentition or dentures
* Lozenge (<i>Commit</i>) 2 mg (smoke >30 min after waking) 4 mg (smoke <30 min after waking)	OTC	7-9 pieces/day (max 20) (3 months)	<ul style="list-style-type: none"> • Mouth irritation • Dyspepsia • Hiccups 	<ul style="list-style-type: none"> • User controls dose • Easier to use than gum • No damage to dental work • Can be used with dentures 	<ul style="list-style-type: none"> • Cannot eat or drink when tablet in mouth
* Vapor inhaler (<i>Nicotrol inhaler</i>)	Rx only	6-16 cartridges/day (3- 6 months)	<ul style="list-style-type: none"> • Mouth and throat irritation • Cough 	<ul style="list-style-type: none"> • User controls dose • Oral substitute for cigarettes 	<ul style="list-style-type: none"> • Frequent puffing needed • Device visible when used
* Nasal spray (<i>Nicotrol NS</i>)	Rx only	1-2 doses/hr (3 months)	<ul style="list-style-type: none"> • Nasal irritation • Sneezing, tearing • Cough 	<ul style="list-style-type: none"> • User controls dose • Most rapid nicotine delivery 	<ul style="list-style-type: none"> • Most irritating NRT product to use • Device visible when used
Non-nicotine therapy					
* Bupropion SR (<i>Zyban, Wellbutrin SR</i>)	Rx only (now a generic drug)	150 mg qd x 3 d, then 150 mg bid ¶ (7-12 weeks; up to 6 mo to prevent relapse)	<ul style="list-style-type: none"> • Insomnia • Dry mouth 	<ul style="list-style-type: none"> • Easy to use (pill) • No nicotine exposure 	<ul style="list-style-type: none"> • Seizure risk (<0.1%)
* Varenicline (<i>Chantix</i>)	Rx only (new, brand only)	0.5 mg qd x 3d, 0.5 mg bid x 4d, then 1mg bid¶ (12 wk initial; use 12 more wk to prevent relapse if quit)	<ul style="list-style-type: none"> • Nausea 	<ul style="list-style-type: none"> • Easy to use (pill) • No nicotine exposure • More effective than bupropion in 2 trials 	<ul style="list-style-type: none"> • Nausea frequent (but usually tolerable)
Nortriptyline	Rx only	75-100 mg qd (12 weeks)	<ul style="list-style-type: none"> • Dry mouth • Sedation, dizziness 	<ul style="list-style-type: none"> • Easy to use (pill) • No nicotine exposure 	<ul style="list-style-type: none"> • Side effects common • Use cautiously in CHD
Clonidine	Rx only	0.1-0.3 mg bid (3-10 weeks)	<ul style="list-style-type: none"> • Dry mouth • Sedation, dizziness 	<ul style="list-style-type: none"> • Easy to use (pill) • No nicotine exposure 	<ul style="list-style-type: none"> • Side effects limit use

* Approved by U.S. Food and Drug Administration as a smoking cessation aid.

§ Chew gum slowly until a distinct taste indicates that nicotine is being released. Then “park” gum between cheek and gum (to allow nicotine absorption) until taste disappears. Repeat sequence for 30 minutes, then discard gum.

Acidic beverages (coffee, soft drinks) reduce nicotine absorption and should be avoided during and for 30 minutes before chewing.

¶ Start 1 week before quit date.

|| Start 25 mg 10-28 days before quit date and increase dose