

# QUITTING TOBACCO? - MEDICATION OPTIONS & INFORMATION:

## PRESCRIPTION PRODUCTS:

There are two kinds of prescription medication therapy available for quitting smoking:

- 1) Zyban® (bupropion)
  - 2) Champix® (varenicline)
- } **Both medications are covered by NIHB (Status Card benefits)**

Prescription Medication for Quitting Smoking	Chance of Success (Compared to not using any medication therapy)
Zyban®	DOUBLE
Champix®	TRIPLE

## NON-PRESCRIPTION PRODUCTS - NICOTINE REPLACEMENT THERAPY (NRT)

There are four different kinds of nicotine replacement therapy (NRT) available:

- 1) Nicotine Gum
- 2) Nicotine Patch
- 3) Nicotine Inhaler
- 4) Nicotine Lozenge

Nicotine Replacement Medications	Time Until Highest Level of Nicotine in Bloodstream
Smoking	7-10 seconds
Gum	20-30 minutes
Patch	2-6 hours
Inhaler	80 puffs = 1 cigarette
Lozenge	20 - 30 minutes

***Medications can assist you to quit tobacco for good. Giving up this addiction can restore your mental, spiritual, emotional, and physical health***

## ZYBAN®:

### Drug Name

- bupropion

### Strength

- 150mg extended release tablets.

### How it Works

- Zyban® is an antidepressant that affects certain chemical receptors in the brain to help reduce symptoms of nicotine withdrawal (like anxiety and irritability).

### How to Use

- Take one tablet once daily for 3 days and then increase to one tablet twice daily (at least 8 hours apart) starting on the fourth day.
- Quit smoking in your second week (Day 8-14) of Zyban® therapy (this will give enough time for the levels of Zyban® in your body to be high enough to work properly).
- Continue taking Zyban® for at least 7 weeks.

### Important

- Swallow tablets whole with a glass of water.
- If you miss a dose and it is almost time to take your next dose, only take your next dose when you are meant to (never double up your doses).

### Things to Avoid

- Minimize or avoid alcohol while taking Zyban®.
- Do not crush or chew Zyban® tablets (it will cause too much medication to be released at one time, making you more likely to experience side effects).

### Side Effects

- Like other medicines, Zyban® can cause some side effects. If they occur, they are most likely to be minor and go away after a few days.
- These side effects could be:
  - Headache (To help: relaxation, massage, or can try Tylenol if needed).
  - Difficulty sleeping (To help: take second dose 8 hours before bedtime).
  - Dry mouth (To help: can suck on ice cubes or chew sugarless gum)
  - Upset stomach (nausea or constipation) (To help: take with food).
- Ask your pharmacist or doctor about more information about possible side effects and how to manage them if they happen.
- If you notice anything abnormal (like changes in your mood, shakiness, fever, etc), contact your doctor right away.

### Benefits

- **Zyban can double your chances of successfully quitting.**
- You avoid harm done to yourself and others because you won't be smoking.
- By quitting smoking you save money, you smell better, you can breathe better, and you reduce your risk of developing different diseases and cancers.
- Covered by NIH (Status Card benefits).
- 180 tablets per year.

## CHAMPIX®:

### Drug Name

- Varenicline

### Strength

- 0.5mg and 1mg tablets

### How it Works

- Champix® helps to relieve the craving and withdrawal symptoms that can happen when you quit smoking.
- Champix® does not contain nicotine but it affects the nicotine receptors in your body. - it acts like a weaker kind of nicotine, and also blocks nicotine from getting to the nicotine receptors.

### How to Use

- Days 1, 2 & 3: Take one 0.5mg tablet (white) once a day.
- Days 4, 5, 6 & 7: Take one 0.5mg tablet (white) twice a day.
- Day 8 until the End of Treatment: Take one 1mg tablet (blue) twice a day.
- Quit smoking in your second week (Day 8-14) of Champix® therapy.
- Treatment lasts 12 weeks.

### Important

- Take dose with lots of water.
- If you miss a dose and it is almost time to take your next dose, only take your next dose when you are meant to (never double up your doses).

### Things to Avoid

- Do not use other forms of nicotine replacement therapy (NRT), like the nicotine patch, gum, inhaler, or lozenge (this will make you more likely to experience side effects from nicotine).
- Do not smoke after Day 14 (this will lower your chance of successfully

quitting and will make you more likely to experience side effects from nicotine).

### Side Effects

- Like other medicines, Champix® can cause some side effects. If they occur, they are most likely to be minor and go away within your first week of taking Champix®.
- These side effects could be:
  - Upset stomach (nausea or vomiting) (To help: Take Champix® with food and lots of water).
  - Headache (To help: relaxation, massage, or can try Tylenol if needed).
  - Abnormal dreams (To help: avoid smoking after Day 14 and other stimulants like caffeine while taking Champix®).
- Ask your pharmacist or doctor about more information about possible side effects and how to manage them if they happen.
- If you notice anything abnormal (like changes in your mood, shakiness, fever, etc), contact your doctor right away.

### Benefits

- **Champix can triple your chances of successfully quitting.**
- You avoid harm done to yourself and others because you won't be smoking.
- By quitting smoking you save money, you smell better, you can breathe better, and you reduce your risk of developing different diseases and cancers.
- Covered by NIHB (Status Card benefits).
- 165 tablets per year.

## NICOTINE REPLACEMENT THERAPY

### INHALER

#### Brand Name

- Nicorette, Nicotrol, generic store brand

#### Strengths

- Only one strength available (10mg in cartridge, but delivers 4mg).

#### How to Use

- Inhale as you would with a cigarette.
- One cartridge lasts for about 20 minutes of continuous puffing (about 400 puffs).
- Use for 3 months, then only use as needed.

#### Important

- For the first 12 weeks, use 6-12 cartridges per day.

#### Caution

- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) while using the inhaler (the inhaler will not work as well).

#### Benefits

- Keeps hands busy.
- Can use same cartridge more than once (up to about 400 puffs).

NOTE: A combination of products can be used to best fit your lifestyle and personal needs.

### LOZENGE

#### Brand Names

- Thrive

#### Strengths

- 1mg, 2mg, 4mg

#### How to Use

- If you normally have your first smoke after being awake for 30 minutes in the morning, start with the 4mg lozenge.
- If you normally have your first smoke after being awake for 30 minutes in the morning, start with the 2mg lozenge.
- Suck on one lozenge until strong taste is noticed, then rest it between cheek and gum for 1 minute. Repeat.
- One lozenge should last 20-30 minutes.

#### Important

- Continue using the lozenge regularly for 3-6 months.

#### Caution

- Let the lozenge dissolve in your mouth and do not swallow or chew the lozenge (it may make you feel sick or cause hiccups or heartburn).
- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) while using the inhaler (the inhaler will not work as well).

#### Benefits

- Easy to use, keeps mouth busy.
- Easily disguised (looks like you are sucking on a regular mint or candy).

***Ask your pharmacist or doctor about what kind of nicotine replacement therapy is right for you.***

# NICOTINE REPLACEMENT THERAPY

## GUM

### Brand Name

- Nicorette, Thrive, generic store brand

### Strengths

- 2mg, 4mg

### How to Use

- Start by chewing 10-20 pieces/day.
- Decrease by one piece per day each week (ie: week 1 = 15 pieces/day, week 2 = 14 pieces/day, week 3 = 13 pieces/day, etc).
- Use regularly for 3 months, then only use as needed.
- If you smoke less than half a pack every day, start with 2mg strength.
- If you smoke more than half a pack every day, start with 4mg strength.

### Important

- Bite. Bite. Park for 1 minute. Bite. Bite. Park for 1 minute. Repeat.
- One piece lasts for approx. 30 minutes.

### Things to Avoid

- Do not eat or drink 15 minutes before or while chewing nicotine gum (might cause side effects like hiccups, heartburn or feeling sick).
- Avoid acidic beverages (coffee, pop, alcohol, fruit juice) 15 minutes before chewing nicotine gum (the gum will not work as well).

### Benefits

- Easy to use, keeps mouth busy.
- Easily disguised (looks like you are chewing regular gum).

## PATCH

### Brand Names

- NicoDerm, generic store brand

### Strengths

- 21mg, 14mg, 7mg

### How to Use

- Weeks 1-6: apply one 21mg patch daily.
- Weeks 7-8: apply one 14mg patch daily.
- Weeks 9,10: apply one 7mg patch daily.
- If you smoke less than half a pack every day, you may start with the 14mg patch.

### Important

- Apply a new patch every 24 hours.
- Do not apply a patch to the same spot more than once within 7 days.

### Caution

- Heavy exercise may increase the absorption of nicotine (your pharmacist can help you find a solution that works best for you).
- Applying the patch immediately after a shower may increase the absorption of nicotine (increasing your chance of experiencing side effects).
- Talk to your doctor or pharmacist if you have any skin conditions (i.e., eczema).

### Benefits

- Keeps a constant level of nicotine in bloodstream to help reduce cravings and symptoms of withdrawal.
- Can easily be hidden under clothing.