

## QUITTING TOBACCO? - MEDICATION OPTIONS & INFORMATION:

### PRESCRIPTION PRODUCTS:

There are two kinds of prescription medications available for quitting smoking:

- 1) Zyban® (bupropion)
- 2) Champix® (varenicline)

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.***