

Treating Tobacco Use and Dependence

Prescribing Medications for Tobacco Dependency

Pharmacotherapy	Precautions/ Contraindications	Side Effects	Dosage	Duration	Availability
Nicotine Patch	If patient has disrupted sleep, consider removing before bedtime. Do not use if patient has severe eczema or psoriasis.	Local skin reaction Insomnia	21 mg/24 hours 14 mg/24 hours 7 mg/24 hours	4 weeks then 2 weeks then 2 weeks, may be used for longer period after reassessment	OTC ^b & Prescription Generic: Nicotrol Brand: Nicoderm CQ
Nicotine Gum	Avoid eating and drinking anything but H ₂ O 15 minutes before or during chewing.	Mouth soreness Dyspepsia	1-24 cigs/day-2 mg gum (up to 24 pcs/day) 25+cigs/day-4 mg gum (up to 24 pcs/day) Chew slowly til peppery or minty taste then park between check & gum. Chew and park intermittently for 30 min.	Up to 12 weeks, may be used for longer period after reassessment	OTC ^b only
Nicotine Nasal Spray each bottle = ~ 100 doses 1 dose = 1 squirt (0.5 mg) per nostril (1mg total)	Not for patients w/asthma, nasal or sinus disorders.	Nasal irritation	One dose = one 0.5 mg spray to each nostril with head tilted back (1 mg total) Initially 1-2 doses per hour, increase as needed. to MDD of 40 doses (5 doses/hour) per day Should gradually reduce dosage and discontinue, weeks 9-14 Do NOT sniff, swallow or inhale.	3-6 months	Prescription only Brand: Nicotrol NS
Nicotine Inhaler	Avoid eating or drinking anything but H ₂ O 15 minutes before or during use. Nicotine delivery declines in temps below 40 degrees F	Local irritation of mouth and throat	One dose = one puff or inhalation One cartridge delivers 4mg of nicotine over approximately 80 inhalations (about 3-4 cigarettes) Typical dosing: 6 -16 cartridges/day Recommended duration up to 6 months; taper off lasts 3 months	Up to 6 months	Prescription only Brand: Nicotrol Inhaler
Nicotine Lozenge	Do not eat or drink anything but H ₂ O) 15 minutes before or during use 1 lozenge at a time Limit 20 in 24 hours	Local irritation of throat Hiccups Heartburn/Indigestion Nausea	If smoke/chew > 30 min. after waking: 2 mg (up to 20 pcs/day) If smoke/chew ≤ 30 min. after waking 4 mg (up to 20 pcs/day) Wks 1-6: 1 lozenge every 1-2 hrs. Wks 7-9: 1 lozenge every 2-4 hrs Wks 10-12: 1 lozenge every 4-8 hrs	12 weeks, may be used for longer period after reassessment	OTC ^b only
bupropion SR	Monitor for changes in mood, behavior, psychiatric symptoms, including suicidal ideation History of seizure History of eating disorders Use of MAO inhibitors in past 14 days	Insomnia Dry mouth	150 mg every morning for 3 days then 150 mg twice daily (Begin treatment 1-2 weeks pre-quit)	7-12 weeks maintenance up to 6 months	Prescription only Brand: Zyban SR
varenicline	Monitor for changes in mood, behavior, psychiatric symptoms, including suicidal ideation Check FMCSA and FAA rules for prescribing to drivers and pilots	Nausea Trouble sleeping	0.5 mg once daily for days 5-7 before quit date 0.5 mg twice daily for days 1-4 before quit date 1 mg twice daily starting on quit date	3 months maintenance up to 6 months	Prescription only Brand: Chantix

DISCUSS THE IMPORTANCE OF PATIENTS TAKING MEDICATION AS PRESCRIBED AS SOME MAY TAKE A LOWER DOSAGE FOR COST SAVINGS.THE USE OF COMBINATION THERAPY WARRANTS ADDITIONAL RESEARCH.

a. The information contained within this table is not comprehensive. Please see medication package inserts for additional information. b. OTC refers to over the counter.