

Clinical Use of Pharmacotherapies for Tobacco Cessation

First-line Pharmacotherapies approved by FDA for use for smoking cessation

Pharmacotherapy	Precautions/ Contraindication	Common Side Effects*	Dosage	Duration	Availability
Nicotine Gum		Mouth soreness Dyspepsia Hiccups	1-20 cigs/day – 2 mg gum (up to 24 pcs/day) 20+ cigs/day – 4 mg gum (up to 24 pcs/day)	Up to 12 weeks	Nicorette Nicorette Mint Cinnamon Surge (OTC only)
Nicotine Inhaler		Local irritation of mouth and throat	6-16 cartridges/day Puff cartridge for up to 20 minutes Each cartridge = 4 mg	Up to 6 months	Nicotrol inhaler (prescription only)
Nicotine Lozenge		Mouth and throat soreness Dyspepsia	Weeks 1-6; 1 lozenge every 1-2 hrs Weeks 7-9; 1 lozenge every 2-4 hrs Weeks 10-12; 1 lozenge every 4-8 hrs Use the 4-mg dose if smoke 1 st cig within 30 mins of waking Use the 2-mg dose if smoke 1 st cig after 30 mins of waking	12 weeks	Commit Lozenge (OTC only)
Nicotine Nasal Spray	Asthma	Nasal irritation Change in sense of smell/taste	8-40 doses/day One dose = 1 spray/nostril 1-2 doses/hr, not to exceed 5 doses/hr or 40 doses/day; each spray = 0.5 mg	3-6 months	Nicotrol NS (prescription only)
Nicotine Patch		Local skin reaction Insomnia Vivid dreams	21 mg/24 hrs 14 mg/24 hrs 7 mg/24 hrs 15 mg/16 hrs	4 weeks then 2 weeks then 2 weeks 8 weeks	Nicoderm CQ, (OTC only), Generic patches (prescription and OTC), Nicotrol (OTC)
Bupropion-SR	History of seizure; History of eating disorder; Diagnosis of Bipolar Disorder; MAOI within 2 weeks	Insomnia Dry mouth	150 mg every morning for 3 days, then 150 mg bid (Begin treatment 1-2 weeks pre-quit)	7-12 weeks; maintenance up to 6 months	Zyban or generic (prescription only)
Varenicline	Psychiatric illness;** Significant kidney disease; Individuals who drive or operate machinery	Nausea Trouble sleeping Abnormal dreams Constipation	Start varenicline 1 week before quit date; 0.5 mg a day for 3 days, then increase to 0.4 mg twice a day for 4 days, then increase to 1 mg twice a day	3 months; maintenance up to 6 months	Chantix (prescription only)

*Consult full prescribing information. **Patients and caregivers should be advised to stop taking varenicline and contact a health care provider immediately if agitation, depressed mood, changes in behavior that are not typical for the patient, suicidal ideation or suicidal behavior develop.