

Information on Smoking Cessation for the Clinician

FDA-Approved Smoking Cessation Medications

Name	Forms	Dosage	Length of Use	Precautions	Adverse Effects
Bupropion, sustained-release	Wellbutrin SR, Zyban (Rx only)	150 mg in morning for 3 days, then 150 mg 2x/d	Begin 1-2 wk before quit date, then 7-12 wk	Seizures, eating disorders, use of MAO inhibitors	Insomnia, dry mouth, agitation, seizures
Nicotine gum	Nicorette, Nicorette DS, Nicorette Mint, Nicorette Orange (OTC only)	Up to 24 pieces/d; <25 cigs/d 2 mg; ≥25 cigs/d 4 mg	Up to 12 wk	Use of proper chewing technique	Sore mouth, dyspepsia, hiccups
Nicotine inhaler	Nicotrol Inhaler (Rx only)	6-16 cartridges/d 4-mg cartridge	Up to 6 mo		Mouth/throat irritation, rhinitis, cough
Nicotine nasal spray	Nicotrol NS (Rx only)	8-40 doses/d 1-2 doses/h	3-6 mo	Dependency	Nasal irritation, sneezing, cough
Nicotine patch	Nicoderm CQ (OTC only), generic/house brand patches (OTC and Rx) Nicotrol (OTC only)	21 mg/24 h; 14 mg/24 h; 7 mg/24 h; 15 mg/16 h	4 wk; then 2 wk; then 2 wk; 8 wk		Local skin reaction, insomnia
Nicotine lozenge	Commit (OTC)	1 lozenge q 1-8 h, 2-4 mg Time to 1st cig >30 min: 2 mg/lozenge Time to 1st cig ≤30 min: 4 mg/lozenge 20 lozenges/d	Up to 12 wk	Requires frequent dosing	Hiccups, nausea, dyspepsia
Varenicline	Chantix (Rx only)	0.5 mg in morning for 3 days, then 0.5 mg 2x/d x 4 days, then 1 mg 2x/d (Begin Rx 1 wk pre-quit)	Up to 12 wk; if successful with quitting 12 more weeks	Impaired renal function—titrate to 0.5 mg 2x/d End-stage renal disease 0.5 mg q day	Nausea, insomnia/abnormal dreams, vomiting, constipation, neuropsychiatric symptoms*

Abbreviation: OTC, over the counter. Zyban, Nicorette, and Nicoderm are products of GlaxoSmithKline; Nicotrol is a product of Pharmacia, Inc.;

* All patients should be observed for neuropsychiatric symptoms including changes in behavior, agitation, depressed mood, suicidal ideation, and suicidal behavior.

Adapted from US Dept of Health and Human Services. Public Health Service. Tobacco Use and Dependence Guidelines: 2008 Update; May 2008.

