

# TOBACCO CESSATION MEDICATIONS

Medication	Instructions	Side Effects	When to Stop Using and Call Your Physician
<b>Patch</b> <i>Nicotine Replacement Therapy (NRT)</i>	Apply 1 patch to clean, dry, hairless skin like upper arm, upper back, shoulders, lower back, or hip. Avoid moisturizers under patch and wash hands after use. Replace daily after waking and rotate site daily.	<ul style="list-style-type: none"> <li>Local skin reactions (skin redness, swelling, burning sensation)</li> <li>Headache</li> <li>Insomnia, abnormal/vivid dreams</li> </ul>	<ul style="list-style-type: none"> <li>If skin irritation doesn't go away after four days</li> <li>Severe nausea/vomiting</li> <li>Dizziness</li> <li>Rapid heartbeat</li> </ul>
<b>Gum</b> <i>Nicotine Replacement Therapy (NRT)</i>	Chew until a peppery taste and slight tingle occurs, then park between cheek and gum. Repeat when taste fades, then park in another area of mouth. Do not eat or drink for 15 minutes before and after use.	<ul style="list-style-type: none"> <li>Mouth/Jaw soreness</li> <li>Hiccups</li> <li>Hypersalivation</li> <li>Heartburn</li> <li>Throat or mouth irritation</li> </ul>	<ul style="list-style-type: none"> <li>Severe mouth or jaw soreness</li> <li>Severe nausea/vomiting</li> <li>Dizziness</li> <li>Rapid heartbeat</li> </ul>
<b>Lozenge</b> <i>Nicotine Replacement Therapy (NRT)</i>	Allow lozenge to slowly dissolve without chewing or swallowing. Do not eat or drink for 15 minutes before and after use.	<ul style="list-style-type: none"> <li>Nausea</li> <li>Hiccups</li> <li>Cough</li> <li>Heartburn</li> <li>Headache</li> <li>Insomnia</li> <li>Flatulence</li> </ul>	<ul style="list-style-type: none"> <li>Severe nausea/vomiting</li> <li>Dizziness</li> <li>Rapid heartbeat</li> </ul>
<b>Inhaler</b> <i>Nicotine Replacement Therapy (NRT)</i>	Inhale using short breaths, or puffs to get vapor into mouth and throat (but not into lungs).	<ul style="list-style-type: none"> <li>Mouth/Throat irritation</li> <li>Cough</li> <li>Headache</li> <li>Heartburn</li> <li>Hiccups</li> </ul>	<ul style="list-style-type: none"> <li>Severe mouth or throat irritation</li> <li>Severe nausea/vomiting</li> <li>Dizziness</li> <li>Rapid heartbeat</li> </ul>
<b>Nasal Spray</b> <i>Nicotine Replacement Therapy (NRT)</i>	Blow nose if not clear then tilt head back. Insert bottle tip as far into nostril as comfortable, angling toward nostril wall. Do not sniff while spraying. Wait 2-3 minutes before blowing nose again.	<ul style="list-style-type: none"> <li>Nasal/Throat irritation (hot, peppery, burning sensation) especially in the first two days</li> <li>Watery eyes</li> <li>Sneezing</li> <li>Nasal congestion</li> <li>Temporary changes in taste and smell</li> </ul>	<ul style="list-style-type: none"> <li>If nasal and/or throat irritation persists after the first two days</li> <li>Severe nausea/vomiting</li> <li>Dizziness</li> <li>Rapid heartbeat</li> </ul>
<b>Bupropion SR (Zyban®), Wellbutrin®)</b>	<p>Prescription needed – best to begin therapy 1-2 weeks prior to quit date.</p> <p>Take with food. Take 1 pill x 3 days, then 2 pills starting on day 4. Take second pill at least 8 hours after the first, yet as early as possible to avoid insomnia.</p>	<ul style="list-style-type: none"> <li>Rash/Hives</li> <li>Insomnia</li> <li>Shakiness</li> <li>Nervousness</li> <li>Dry mouth</li> <li>Seizure</li> </ul>	<ul style="list-style-type: none"> <li>Speak with your physician to see if this medication is appropriate for you</li> <li>Monitor for mood and behavior changes</li> </ul>
<b>Varenicline (Chantix®)</b>	<p>Prescription needed – best to begin therapy 1 week prior to quit date.</p> <p>Take with food and water as directed. Do not make up a missed dose by doubling up the next dose.</p>	<ul style="list-style-type: none"> <li>Sleep disturbances such as insomnia or abnormal/vivid dreams</li> <li>Constipation</li> <li>Nausea/Vomiting</li> <li>Flatulence</li> </ul>	<ul style="list-style-type: none"> <li>Speak with your physician to see if this medication is appropriate for you</li> </ul>