

| Product | Use | Advantages | Disadvantages | Side-effects | Precautions | Cost |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| LONG-ACTING MEDICATIONS (use daily to prevent withdrawal symptoms) | | | | | | |
| Transdermal nicotine (skin patches) NicoDerm CQ, Nicotrol, generics | Apply once/day to clean, dry, hairless skin. NicoDerm CQ can be used for 16-24 hrs. Nicotrol patch should be removed at bedtime. May be used for 6-20 wks or as directed by MD. | Once a day; over the counter; can decrease morning cravings if worn at night May be covered by Illinois Medicaid WITH Rx. | Does not provide immediate symptom relief. | Skin irritation, which may improve with a different brand and removing the patch at bedtime. Other side-effects may include difficulty falling asleep, abnormal dreams, rapid heart rate, and increased blood sugar. Caution within 6 wks of a heart attack. | Should not be used with dofetilide (Tikosyn). Stop smoking when using the nicotine patch. Nausea, headache, vomiting, dizziness, upset stomach, and fatigue more common when varenicline and nicotine patch used together. Pregnancy category D. | \$2-3/day \$60-90/30 days |
| Bupropion Wellbutrin SR/XL, Zyban, generics | Start 1 wk before quit date. 150mg/day on days 1-3; increase to 300mg/day on day 4. May be used for 7-12 wks or as directed by MD. | Less weight gain after you stop smoking. May be covered by Illinois Medicaid WITH Rx. | Side effects common; Passive – does not provide rapid relief from cravings; Requires prescription. | Difficulty falling asleep and dry mouth. Other side-effects include headache, dizziness, anxiety, increased heart rate, and weight loss. Seizures and severe rash are rare but serious side-effects. | Should not be taken with other prescriptions for Wellbutrin or MAO-inhibitors, alcohol or ginkgo biloba. Pregnancy category C. | \$2-6/day \$60-180/30 days |
| Varenicline, Chantix | Start 1 wk before quit date. 0.5mg daily for 3 days; 0.5mg twice daily for 4-7 days, then 1mg twice daily for remainder of 12 wks or as directed by MD. | Most effective at reducing withdrawal and preventing relapse. May be covered by Illinois Medicaid WITH Rx | Does not provide immediate symptom relief; requires prescription. May lead to depressed mood, suicidal ideation, changes in emotion or behavior. | Most common side-effect is nausea (generally mild). Take with food. Other side-effects include abnormal dreams, constipation, vomiting, gas, and dry mouth. | Cimetidine may increase blood levels of varenicline. Side-effects may be more common when used with nicotine patch. Pregnancy category C. | \$4/day \$120/30 days |
| SHORT-ACTING MEDICATIONS (use as needed for breakthrough symptoms) | | | | | | |
| Nicotine Gum, Nicorette, generics | “Chew and park” every 1-2 hours as needed; 2mg dose for ≤24 cigarettes/day and 4mg dose for ≥25 cigarettes/day smokers. Maximum dose is 24/day. | Provides relief. Over the counter. | More difficult to chew than chewing gum. | Indigestion, nausea, gas, unpleasant taste, hiccups, sore mouth, sore throat, and a sore jaw. Dentures or other dental work may be damaged because nicotine gum is stickier and harder to chew than ordinary gum. | Avoid food and acidic drinks 15 minutes before and while using. Should not be used with dofetilide (Tikosyn). Stop smoking when using nicotine gum. Pregnancy category C. | \$6-8/day \$180-240/30 days |
| Nicotine Lozenge, Commit | 2mg or 4mg per lozenge. Max. dose is 20 lozenges/day. Use up to 12 wks or as directed by MD. | Provides relief. Easy to use; over the counter. | Costly (no generic) | Heartburn, hiccup, nausea, and headache. Nicotine lozenges may increase blood sugar, blood pressure, or heart rate. Avoid food and acidic drinks before and during use. | Should not be used with dofetilide (Tikosyn). Stop smoking when using nicotine lozenges. Pregnancy category N/A. | \$7/day \$210/30 days |
| Nicotine Inhaler, Nicotrol inhaler | Frequent puffs over 20 min most effective. Each inhaler provides up to 400 puffs (80 puffs = nicotine in 1 cig). Use 6-16 inhalers/day for 12wks, or as directed by MD. | Provides relief. Mimics hand-to-mouth behavior of smoking. | Costly; visible to others when used; requires prescription. | Irritation of the throat and mouth and cough, but this should improve after 1-2 days. Other side-effects may include indigestion, rapid heart rate, and increased blood sugar or blood pressure. | Should not be used with dofetilide (Tikosyn). Stop smoking when using the nicotine inhaler. Pregnancy category D. | \$5/day \$150/30 days |
| Nicotine Nasal Spray, Nicotrol NS | Usual dose is 1 spray/nostril per hour (Max 5 sprays/nostril per hour; 40 sprays/nostril per day). Use as directed by MD. | More rapid relief than other medications. | Costly; visible to others when used; requires prescription. | Irritation of the nose, throat, cough, sneezing, watery eyes, runny nose, and nausea. Side-effects usually last only for a few seconds and improve after about 1 wk. | Should not be used with dofetilide (Tikosyn). Stop smoking when using the nicotine spray. Pregnancy category D. | \$3/day \$90/30 days |