NICODERM CQ PATCHES

Action
- The NICODERM CQ® Patch provides a constant low dose of nicotine delivered over approximately 24 hours that is absorbed through your skin while you are awake and need it. The patch will help you to stop smoking by reducing nicotine withdrawal symptoms such as nicotine cravings, nervousness and irritability.
- Unlike the Nicotrol Patch (16hr), Nicoderm CQ Patch (24hr) is not removed at bedtime. This 24hr patch helps to avoid early morning cravings by leaving the patch on during the night.

Strengths
- 7mg, 14mg and 21mg

Cost
- Step 1 (7 patches-21mg)~$30.19       Store Brand ~ $21.19
- Steps 2 & 3 (14 patches- 14mg and 7mg)~$47.19       Store Brand ~ $37.19

Dosing
- If you smoke less than 10 cigarettes per day:
  - Apply the 14mg patch once a day for 6 weeks
  - Then apply the 7mg patch once a day for the next 2 weeks
- If you smoke greater than 10 cigarettes per day:
  - Apply the 21mg patch once a day for 6 weeks
  - Apply the 14mg patch once a day for the next 2 weeks
  - Then apply the 7mg patch once a day for the next 2 weeks
How to Apply

- Take a fresh patch out of its packaging and remove the protective liner from the adhesive. Save the wrapper for later disposal of the used patch.
- Apply the patch (in the morning) to a dry, hairless area of skin on the front or side of your chest, upper arm, or hip. Do not apply to areas where you have cuts, calluses, scars, burns, or irritation.
- Press the patch firmly onto your skin for about 10 seconds, making sure that the edges are sticking well.
- Wash your hands. Any nicotine sticking to your hands could get into your eyes or nose, causing irritation.
- After 16 hours (around bedtime), remove the patch.
- Fold the used patch in half, place it back in its own wrapper, and throw it in a trash container that cannot be reached by children or pets.
- The next morning, apply a fresh patch to a different spot on your body. To reduce the chances of irritation, do not return to a previously used spot for at least a week.

Counseling Tips

- Do NOT smoke while using the patch.
- Water will not harm the nicotine patch. You may keep wearing your patch while bathing, showering, swimming or using a hot tub.
- If your patch does fall off, dispose of it carefully and apply a new patch.
- Do NOT trim or cut the patch.

Side Effects

- Redness or itching of the skin where the patch was applied *, headache, anxiety, diarrhea, trouble sleeping, dizziness and abnormal/vivid dreams.**

*If itching occurs once the patch is removed you can apply a thin layer of hydrocortisone cream to relieve the itching.
** Consider switching to the NICOTROL® 16hr Patch, which is removed at bedtime, to avoid the abnormal/vivid dreams.
Nicotine Gum

Action
- Over time Nicorette Gum® helps smokers overcome their dependence on nicotine by providing another source of nicotine. The gum will help you to stop smoking by reducing nicotine withdrawal symptoms such as nicotine cravings, nervousness and irritability.

Strengths
- 2mg and 4mg

Cost
- 110 pieces of the 4mg Mint Flavor (available in mint, fresh mint, orange and regular) ~ $47.19
- 100 pieces of the 4mg Mint Flavor (available in mint, fresh mint, orange and regular) ~ $54.99

Dosing
- If you smoke less than 25 cigarettes per day, use the 2mg gum as follows:
  - One piece every 1-2 hours for 6 weeks.
  - One piece every 2-4 hours for 3 weeks.
  - Then one piece every 4-8 hours for 3 weeks.
- If you smoke 25 or more cigarettes per day, use the 4mg gum as follows:
  - One piece every 1-2 hours for 6 weeks.
  - One piece every 2-4 hours for 3 weeks.
  - Then one piece every 4-8 hours for 3 weeks.
- Maximum of 24 pieces per day
How to Use
- Chew 1 piece of gum whenever the urge to smoke.
- Chew the gum slowly until you taste or feel a little tingling sensation (around 15-30 chews) in your mouth.
- Then stop chewing and put the gum between your cheek and gums, this is called “parking the gum”.
- When the taste or tingling is almost gone repeat the process for about 30 minutes, parking the gum in a different spot each time.

Counseling Tips
- Do NOT smoke while using the gum.
- Do NOT swallow the gum.
- Do NOT chew more than 1 piece of gum at a time.
- NO food or beverages within 15 minutes before gum use. Food or beverages will decrease the amount of nicotine your body can absorb and make the gum less effective.

Side Effects
- Mouth/jaw soreness (from chewing), hiccups and heartburn/indigestion.
- Chewing the gum incorrectly can lead to:
  - Nausea/vomiting
  - Lightheaded/dizzy
  - Throat and mouth irritation
Nicotine Lozenges (Commit)

Action
- Commit® is a fast-acting nicotine lozenge. It helps to control cravings by rapidly delivering a low dose of nicotine to your body and continues to work after the lozenge is gone. The lozenge will help you to stop smoking by reducing nicotine withdrawal symptoms such as nicotine cravings, nervousness and irritability.

Strengths
- 2mg and 4mg

Cost
- 72 pieces of the 2mg lozenges—$39.99
- 72 pieces of the 4mg lozenges—$39.99

Dosing
- If you smoke your 1st cigarette of the day within 30 minutes of waking up in the morning use the 4mg lozenge as follows:
  - Suck on 1 lozenge every 1-2 hours for 6 weeks.
  - Suck on 1 lozenge every 2-4 hours for 3 weeks.
  - Then suck on 1 lozenge every 4-8 hours 3 weeks.
- If you smoke your 1st cigarette of the day greater than 30 minutes after waking up in the morning use the 2mg lozenge as follows:
  - Suck on 1 lozenge every 1-2 hours for 6 weeks.
  - Suck on 1 lozenge every 2-4 hours for 3 weeks.
  - Then suck on 1 lozenge every 4-8 hours 3 weeks.
- Maximum of 20 lozenges per day
How to Use
• Allow the lozenge to dissolve in your mouth over 20-30 minutes by sucking and moving the lozenge from side to side for best absorption.

Counseling Tips
• Nicotine release from the lozenge may cause a warm, tingling sensation.
• Do NOT smoke while using the lozenge.
• Do NOT swallow the lozenge.
• Do NOT bite or chew the lozenge like a hard candy.
• Do NOT have more than 1 lozenge at a time.
• NO food or beverages within 15 minutes before use. Food or beverages will decrease the amount of nicotine your body can absorb and make the lozenge less effective.

Side Effects
• Cough, nausea, gas, trouble sleeping, hiccups and heartburn/indigestion.
PRESCRIPTION DRUGS TO HELP YOU QUIT SMOKING

Prescription NRT are used to:
• To reduce withdrawal symptoms, including nicotine craving that are associated with quitting smoking.
Ask Your Doctor Before Use if You:
- Are less than 18 years of age.
- Have heart disease, recent heart attack or irregular heartbeat; nicotine can increase your heart rate.
- Have high blood pressure not controlled with medication, nicotine can increase blood pressure.
- Take prescription medicine for depression or asthma, your prescription dose may need to be adjusted.
- Have chronic nasal disorders such as: sinusitis, allergies, nasal polyps or rhinitis (applies to nasal spray).
- Have severe reactive airway disease.

*The following conditions only apply to you if you choose Zyban as your NRT.
- Have a history of heavy alcohol use, anorexia, or bulimia.
- Have suddenly stopped taking sedatives or using alcohol.
- Have a history of seizure disorders.
- Taking any medications (such as Wellbutrin®) or have any conditions that lowers your seizure threshold.
- Have had MAO inhibitor therapy in the last 14 days.

Nicotrol Inhaler

Action
• The Nicotrol Inhaler® helps to control cravings by rapidly delivering a low dose of nicotine to the body through a familiar hand-to-mouth motion. The inhaler will help you to stop smoking by reducing nicotine withdrawal symptoms such as nicotine cravings, nervousness and irritability.
• Unlike cigarettes, most of the nicotine in the product is deposited in the mouth instead of the lungs.

Strengths
• The 10mg cartridges deliver 4mg of a nicotine vapor when inhaled.

Cost
• A box of 42 cartridges—$41.39
• A box of 168 cartridges—$161.00

Dosing
• During the first stage (up to 12 weeks) you should use as many cartridges as needed (at least 6, but no more than 16 daily) to control your cravings for cigarettes.
• During the second stage (6 to 12 weeks) you should gradually reduce your daily consumption until you are nicotine-free.

How to Use
• Do NOT inhale into the lungs like a cigarette, instead “puff” as if you were lighting a pipe.

Counseling Tips
• Stop smoking completely when using this product.
• Best effects are achieved with continuous puffing of the cartridge for 20 minutes, (the nicotine is gone after 20 minutes).
• Clean the mouthpiece regularly with soap and water.
• Open cartridges are good for 24 hours.
• Avoid beverages 5 minutes before and after you use the inhaler.
• Carefully dispose the empty cartridges, as an empty cartridge still contains enough nicotine to make a child or pet very sick.

Side Effects
• Mouth/throat irritation, cough, hiccups, unpleasant taste, heartburn/indigestion, headache, flu-like symptoms, runny nose and sneezing.
**Nicotrol Nasal Spray®**

**Action**
- Nicotrol NS® is inhaled through your nose and passes into your bloodstream, which helps to control cravings. The nasal spray will help you to stop smoking by reducing nicotine withdrawal symptoms such as nicotine cravings, nervousness and irritability.

**Strength**
- Each spray delivers 0.5mg of nicotine.

**Cost**
- One nasal spray-- $47.29

**Dosing**
- One dose is equal to 2 sprays (one spray in each nostril).
- Use 1-2 doses per hour as needed to control nicotine cravings (8-40 doses per day).
- Maximum is 5 doses per hour and 40 doses per day.
- Gradually decrease usage over 3-6 months.

**How to Use**
- Gently blow your nose to clear it out
- Slightly tilt your head back and administer the amount instructed by your health care professional.

**Counseling Tips**
- Stop smoking completely when using this product.
- Do NOT sniff, swallow or inhale through the nose as the spray is being administered.
- Do NOT refrigerate.
- At the beginning of treatment, you should use at least 8 doses per day for the best results.
- Wait 5 minutes after use before driving or operating heavy machinery.
- Dependence can result from use of this product, but clinical trials have shown favorable quit rates with the nasal spray, but the dependence and abuse potential is greater when compared to other NRT products (but still lower than cigarettes).
Side Effects
- Nasal irritation (affects 80% to 90% of users), cough, sneezing, runny nose, tearing, headache, constipation, back pain, heartburn/indigestion and a peppery feeling in the back of the throat or nose

Bupropion HCL (Zyban)

Action
- Zyban® (bupropion hydrochloride) sustained-release tablets are a non-nicotine aid to smoking cessation.
- Zyban® is chemically unrelated to nicotine or other NRTs.
- The mechanism by which Zyban® enhances the ability of patients to abstain from smoking is unknown. However, it is presumed that it works through chemicals in your brain, called neurotransmitters.

Strengths
- 150mg sustained released tablet

Cost
- Sixty 150mg tablets (brand)– $148.99
- Sixty 150mg tablets (generic)– $89.59

Dosing
- Choose a “quit day” and start taking the tablets 1-2 weeks before this quit date.
- To start take one 150mg tablet once a day for the first 3 days of treatment, then increase to 1 tablet two times a day.
- Take each tablet 8 hours apart.
- Do NOT exceed 300mg (2 tablets) per day.
- Treatment usually lasts for 7-12 weeks (maintenance lasts up to 6 months).

How to Use
- Swallow each tablet with a glass of water.
About CHANTIX

A non-nicotine pill
CHANTIX™ (varenicline) is non-nicotine prescription medicine specifically developed to help adults quit smoking.

How is CHANTIX different from other smoking cessation products?

CHANTIX contains no nicotine, but it targets the same receptors that nicotine does. CHANTIX is believed to block nicotine from these receptors. It is the only prescription treatment of its kind.

Studies show: At the end of 12 weeks of CHANTIX, 44% were able to quit smoking. It also helped reduce the urge to smoke.

CHANTIX has been proven to be more effective in helping smokers quit than Zyban®. The average person in these studies had been a smoker for more than 24 years. The trials involved a mix of men and women who smoked on average 10 or more cigarettes a day.

STUDY RESULTS

1,022 patients were enrolled in this study, and results were duplicated in another identically designed clinical trial.

Patients received either CHANTIX 1 mg twice a day, Zyban 150 mg twice a day, or sugar pills twice a day for 12 weeks. In addition to the pills, patients were also given a booklet on quitting smoking and also received brief counseling at each visit.
From weeks 9 through 12 in the study, the smoking status of each patient was checked, and the information was compared among the 3 groups. Patients were considered quit if they did not smoke a cigarette (not even a puff) or use other nicotine products for the final 4 weeks of treatment.

CHANTIX was proven to be more effective than the sugar pills or Zyban®.

The 52-week support program

CHANTIX is proven to be effective, but it’s not a magic pill. For most people, smoking can be both a physical and a behavioral challenge. That’s why we also offer GETQUIT™, a support plan.

GETQUIT combines smoking cessation research with key learnings from the fields of psychology and behavioral therapy to create a day-by-day plan designed to help CHANTIX users kick the smoking habit.

CHANTIX is a prescription medicine to help adults stop smoking. You may benefit from quit smoking support programs and/or counseling during your quit attempt. It’s possible that you might slip up and smoke while taking CHANTIX. If you do, you can stay on CHANTIX and keep trying to quit.

The most common side effects include nausea (30%), trouble sleeping, changes in dreaming, constipation, gas, and/or vomiting. If you have side effects that bother you or don’t go away, tell your doctor.

CHANTIX should not be taken with other quit smoking medicines. You may need a lower dose of CHANTIX if you have kidney problems or get dialysis.

Before starting CHANTIX, tell your doctor if you are pregnant, plan to become pregnant, or if you take insulin, asthma medicines, or blood thinners. Medicines like these may work differently when you quit smoking.
How CHANTIX Works

How does CHANTIX work?

CHANTIX may reduce your urge to smoke. It contains no nicotine. You may wonder how a non-nicotine pill could help you quit smoking. Well, first, you have to know how nicotine works.

There are receptors for nicotine in your brain. When you smoke, the nicotine you inhale attaches to these receptors. This sends a message to a different part of your brain to release a chemical called dopamine. Dopamine gives you a feeling of pleasure. But it does not last long. That's why your body craves more nicotine. This can become a vicious cycle.

WITHOUT CHANTIX

When you smoke, nicotine goes to the receptors in your brain.

WITH CHANTIX

CHANTIX works by activating these receptors, and blocking nicotine from attaching to them.

(Images are for illustrative purposes only.)

Based on research, it is believed that CHANTIX helps keep nicotine from reaching key receptors in the brain. It's the only prescription treatment of its kind.
Counseling Tips
- Stop smoking completely when using this product.
- Can be used with other NRTs.
- Avoid taking the second tablet after 5:00pm to avoid sleeplessness.
- Can help reduce feelings of depression.

Side Effects
- The side effects for Zyban® are usually mild and decrease with time.
- The include insomnia, dry mouth, nervousness/difficultly concentrating, constipation, rash and seizures-RARE [risk is 1/1,000 (0.1%)]

Combining NRT Therapies
None of the NRT systems are as effective as the cigarette in delivering nicotine to the brain. Combining NRT products has been shown to be effective and safe. The combination of transdermal nicotine patches with nicotine gum provides steady levels of nicotine and a jolt of nicotine to treat break-through cravings. Combining NRT with Zyban may improve the chances of quitting verses either one alone.

Compliance with NRT products is highest with the nicotine patch and lowest with the nicotine inhaler. **Increased success is achieved by combining these products with smoking cessation counseling!!!**

**Products still in the developmental phase include sublingual nicotine tablets and nicotine drops for oral ingestion.**

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Prices for NRT obtained from CVS.com

Information sources:
- NIH (National Institute of Health)
- www.smokingcessation.org

Revised in spring 2006 by Amber Stably, Pharm D Candidate