

**First-Line Medications<sup>a</sup>**  
(Approved for use for smoking cessation by the FDA)

	Medication	Precautions <sup>c</sup>	Side Effects	Dosage	Use	Availability	Cost/day <sup>b</sup>
Nicotine Replacement Therapy (NRT) Formulations	<b>Nicotine Gum</b>	Pregnancy (Category D) and breastfeeding <b>Recent (≤2 weeks) myocardial infarction</b> Serious underlying arrhythmias <b>Serious/worsening angina pectoris</b> Temporomandibular joint disease <b>Caution with dentures</b> Adolescents (<18 years) <b>Do not eat or drink 15 minutes before or during use.</b>	Mouth soreness <b>Dyspepsia</b> Hiccups <b>Effects associated with incorrect chewing technique:</b> - Lightheadedness - Nausea/Vomiting - Throat & mouth irritation - Hypertension	1st cigarette ≤30 minutes after waking: 4mg <b>1st cigarette &gt;30 minutes after waking: 2mg</b> Use 1 piece every 1-2 hours <b>Maximum, 24 pieces/day</b> Park between cheek & gum upon tingling sensation (15-30 chews). Repeat when tingle fades. Park on other side.	Up to 12 weeks. Longer if desired, with provider approval.	Nicorette®, Nicorette Mint®, generic products, (OTC only) 2mg, 4mg Original, Mint, Orange	4 mg / 100 ct. box: Avg. \$42.74 per box \$3.87 (9 pieces) \$10.32 (24 pieces)
	<b>Nicotine Lozenge</b>	Pregnancy and breastfeeding-not evaluated by the FDA <b>Recent (≤2 weeks) myocardial infarction</b> Serious underlying arrhythmias <b>Serious/worsening angina pectoris</b> Adolescents (<18 years) <b>Do not eat or drink 15 minutes before or during use.</b>	Hiccups <b>Heartburn</b> Nausea <b>Headache (on 4mg)</b> Cough (on 4mg) <b>Hypertension</b>	1st cigarette ≤30 min after waking: 4mg <b>1st cigarette &gt;30 min after waking: 2mg</b> Use 1 lozenge every 1-2 hours, 9-20 per day. <b>Allow to dissolve between cheek &amp; gum.</b> Do not chew or swallow. <b>Occasionally rotate to different areas of mouth.</b>	Up to 12 weeks. Longer if desired, with provider approval.	Commit™ Lozenge, Nicorette Mini Lozenge, generic products (OTC) 2mg, 4mg Original, Mint, Cherry	4 mg / 81 ct. box: Avg. \$39.74 per box \$4.41 (9 pieces) \$9.80 (20 pieces)
	<b>Nicotine Patch</b>	Severe eczema or psoriasis <b>Pregnancy (Category D) and breastfeeding</b> <b>Recent (≤2 weeks) myocardial infarction</b> <b>Serious underlying arrhythmias</b> Serious/worsening angina pectoris <b>Adolescents (&lt;18 years)</b>	Local skin reaction <b>Sleep disturbances (insomnia, abnormal/vivid dreams)</b> Hypertension	One patch per day (hairless site) <b>If &gt; 10 cigs/day: 21mg 4 wks, 14mg 2-4 wks, 7mg 2-4 wks</b> If <10/day; 14mg 4 wks, then 7mg 4 wks <b>Do not cut/trim patch.</b>	8-12 Weeks May wear patch for 16 hours if patient experiences sleep disturbances (remove at bedtime).	Nicoderm CQ®, Nicotrol, generic products (Rx and OTC).	21mg, 14mg, or 7mg; 14 ct. box: Avg. \$41.99 per box \$3 (per patch)
	<b>Nicotine Nasal Spray</b>	Severe asthma <b>Pregnancy (Category D) and breastfeeding</b> <b>Recent (≤2 weeks) myocardial infarction</b> <b>Serious underlying arrhythmias</b> Serious/worsening angina pectoris <b>Adolescents (&lt;18 years)</b>	Nasal and/or throat irritation <b>Rhinitis</b> Tearing <b>Sneezing</b> Cough <b>Headache</b> Hypertension	1-2 doses/hour (8-40 doses/day) (one dose = one spray per nostril) <b>Maximum: 5 doses/hour</b> Patients should not sniff, swallow, or inhale through the nose as the spray is being administered.	3-6 months	Nicotrol NS® (prescription only)	\$3.91 (8 doses) \$19.55 (40 doses)
	<b>Nicotine Oral Inhaler</b>	<b>Recent (≤2 weeks) myocardial infarction</b> <b>Serious underlying arrhythmias</b> Serious/worsening angina pectoris <b>Bronchospastic disease (respiratory disease)</b> Pregnancy (Category D); and breastfeeding patients <b>Adolescents (&lt;18 years)</b>	Local irritation of mouth & throat <b>Cough</b> Rhinitis <b>Hiccups</b> Dyspepsia <b>Hypertension</b>	6-16 cartridges/day <b>Individualize dosing; initially use 1 cartridge q 1-2 hours.</b> Best effects with continuous puffing for 20 min. <b>Do not inhale into the lungs, but "puff" as if lighting a pipe.</b>	Up to 6 months Taper dosage during final 3 months. Keep in temp of 40° F or higher.	Nicotrol® Inhaler (prescription only) 10mg cartridge delivers 4mg inhaled nicotine vapor.	\$12.29 (6 cartridges) \$32.77 (16 cartridges)
Non-Nicotine Medications <sup>a</sup>	<b>Bupropion SR</b>	History of seizure <b>History of eating disorder</b> MAO inhibitor therapy in previous 14 days <b>Current use of bupropion in any other form</b> Pregnancy (Category C) and breastfeeding <b>BLACK-BOX WARNING for neuropsychiatric symptoms.<sup>d</sup></b>	Insomnia <b>Dry mouth</b> Seizures (risk 1/1,000) [0.1%] <b>Nervousness</b> Rash <b>Constipation</b> Hypertension (esp with NRT)	Days 1-3: 150 mg each morning <b>Days 4-end: 150 mg twice daily</b> Allow at least 8 hours between doses. <b>Avoid bedtime dosing to minimize insomnia.</b> Dose tapering is not necessary. <b>Can be used safely with NRT, but NRT should be initiated on quit date.</b>	Begin treatment 1-2 weeks before quit date Use for 7-12 weeks or maintenance up to 6 months. Don't take extra dose to make up for missed dose.	Zyban®, generic SR products (prescription only) 150 mg sustained-release tablet	150mg: Brand name: \$10.37 Generic: \$4.37 (2 tablets)
	<b>Varenicline</b>	Severe renal impairment (dosage adjustment is necessary) <b>Currently undergoing dialysis</b> Monitor for changes in mood, behavior, psychiatric symptoms, and suicidal ideation. <b>Pregnancy (Category C) and breastfeeding</b> <b>BLACK-BOX WARNING for neuropsychiatric symptoms.<sup>d</sup></b> <b>Safety &amp; efficacy have not been established in patients with serious psychiatric illness.</b>	Nausea/Vomiting <b>Insomnia</b> Abnormal/Vivid dreams <b>Neuropsychiatric symptoms</b> Constipation <b>Flatulence</b> Worsening cardiovascular problems <b>Seizures</b>	Days 1-3: 0.5 mg every morning <b>Days 4-7: 0.5 mg twice daily</b> Days 8-end: 1 mg twice daily <b>Take dose after eating with a full glass of water.</b> Dose tapering is not necessary. <b>Nausea &amp; insomnia are side effects that are usually temporary.</b>	Begin treatment one week before quit date. Use for 3 months; maintenance up to 6 months.	Chantix™ (prescription only) .5mg, 1mg tablet	Starting pack: Brand name: \$11.43 (2 tablets) Continuing pack: Brand name: \$11.10

<sup>a</sup>The information contained in this table is not comprehensive. Please see package insert for additional information.

<sup>b</sup>Cost/day for the NRT products based on average retail prices (before tax) of brand name OTC medications purchased at four chain pharmacies located in Kentucky, June 2015. Prices for the four prescription only products are based on prices provided by Walgreens District Office, April 2015. Based on no insurance coverage.

<sup>c</sup>Quitting smoking, with or without medication, can result in nicotine withdrawal symptoms (such as depressed mood, agitation) or a worsening of underlying psychiatric illness, such as depression. Monitor patients for behavior or mood changes.

<sup>d</sup>In July 2009, the FDA mandated that the prescribing information for all bupropion and varenicline containing products include a black-box warning highlighting the risk of serious neuropsychiatric symptoms, including changes in behavior, hostility, agitation, depressed mood, suicidal thoughts and behavior, and attempted suicide. Clinicians should advise patients to stop taking varenicline or bupropion SR and contact a healthcare provider immediately if they experience agitation, depressed mood, and any changes in behavior that are not typical of nicotine withdrawal, or if they experience suicidal thoughts or behavior. If treatment is stopped due to neuropsychiatric symptoms, patients should be monitored until the symptoms resolve.

<sup>e</sup>Other prescription medications, such as nortriptyline or clonidine are not FDA approved for smoking cessation, but may be utilized for this use.

<sup>f</sup>Adapted from: Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.