










Smoking Cessation Pharmacotherapy Options

DRUG	USUAL DOSE	RX OR OTC?
NON-NICOTINE THERAPIES		
Varenicline (Chantix) 0.5 mg and 1 mg tablets	Starting titration: 0.5 mg x 3 days, 0.5 mg twice daily x 4 days, 1 mg twice daily starting Day 8 on quit date Maintenance dose: 1 mg twice daily	
Bupropion SR (Zyban) 150 mg SR tablets	Starting titration: 150 mg once daily AM x 3 days, then 150 mg twice daily x 4 days, quit on day 8 Maintenance dose: 150 mg twice daily	
NICOTINE REPLACEMENT THERAPIES (NRT)		
Nicotine Transdermal Patch 21 mg, 14 mg, 7 mg options	Smoking > 10 cigarettes/day: Use 21 mg patch per day for weeks 1-6, then use 14 mg patch per day for weeks 7-8, then use 7 mg patch per day for weeks 9-10 Smoking ≤ 10 cigarettes/day: Use 14 mg patch per day for weeks 1-6, then use 7 mg patch per day for weeks 7-8	 
Nicotine Gum	First cigarette within 30 min of waking up: 4 mg gum PRN every 1-2 hours for cravings, decrease interval of use over 12 weeks First cigarette after 30 min of waking up: 2 mg gum PRN every 1-2 hours for cravings, decrease interval of use over 12 weeks	 
Nicotine lozenge or Nicotine mini-lozenge	First cigarette within 30 min of waking up: 4 mg lozenge PRN every 1-2 hours for cravings, decrease interval of use over 12 weeks First cigarette after 30 min of waking up: 2 mg lozenge PRN every 1-2 hours for cravings, decrease interval of use over 12 weeks	 
Nicotine Inhaler	Continuously puff for 20 minutes PRN for smoking cravings. (Use 6-16 cartridges per day for up to 12 weeks) Decrease interval of use over time.	
Nicotine Nasal Spray	Use 1-2 doses/hour (dose = 1 spray per nostril), not exceeding 5 doses/hour. Max duration of therapy: 3 months	

DRUG	PRECAUTIONS	CONTRAINDICATIONS
NON-NICOTINE THERAPIES		
Varenicline (Chantix)	<ul style="list-style-type: none"> Severe renal impairment (dose adjustment necessary for CrCl <30 ml/min) Pregnancy (Category C) and breastfeeding Adolescents (<18 years of age) Treatment-emergent neuropsychiatric symptoms 	<ul style="list-style-type: none"> History of serious hypersensitivity reactions to varenicline or its components
Bupropion SR (Zyban)	<ul style="list-style-type: none"> Concomitant therapy with medications or conditions known to lower seizure threshold Hepatic impairment Pregnancy (Category C) and breastfeeding Adolescents (<18 years of age) Treatment-emergent neuropsychiatric symptoms 	<ul style="list-style-type: none"> Seizure disorder Concomitant bupropion treatment Current or prior dx of bulimia or anorexia nervosa Simultaneous abrupt discontinuation of alcohol or sedatives/benzodiazepines MAO inhibitors during preceding 14 days; concurrent use of reversible MAO inhibitors
NICOTINE REPLACEMENT THERAPIES (NRT)		
Nicotine Transdermal Patch Nicotine Gum Nicotine Lozenge	<ul style="list-style-type: none"> Recent (<2 weeks) myocardial infarction Serious underlying arrhythmias Serious or worsening angina pectoris Pregnancy and/or breastfeeding Adolescents (<18 years of age) Temporomandibular joint disease (<i>gum only</i>) 	
Nicotine Nasal Spray	<i>All above OTC nicotine precautions PLUS:</i> <ul style="list-style-type: none"> underlying chronic nasal disorders severe reactive airway disease 	
Nicotine Inhaler	<i>All above OTC nicotine precautions PLUS:</i> <ul style="list-style-type: none"> underlying bronchospastic disease 	