**PHARMACOTHERAPY TREATMENTS: TOBACCO CESSATION MEDICATION CLASSIFICATION AND DOSAGES**

- Tobacco use should be approached as a chronic relapsing disease.
- Pharmacotherapy should be offered for all patients attempting to quit smoking except when contraindicated.
- The average smoker has multiple attempts to quit before successful abstinence.
- Combination therapy options: Nicotine patch + other NRT, or Nicotine patch + Bupropion SR
- Current evidence is insufficient and risk/benefits of pharmacotherapy should be discussed with these patients: light smokers, adolescents, smokeless tobacco users, and pregnant patients.

### Categories

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| **NRT (Nicotine Replacement Therapy)** | Nicotine Patch/transdermal (Nicoderm CD, Habitrol, Nicotrol) | > 10 cigs/day: use 21 mg/24 hrs for 6-8 wks, then 14 mg/24 hrs for 2-4 wks, then 7 mg/24 hrs for 2-4 weeks, then 3 mg/24 hrs for 6 wks | Up to 10 weeks          | OTC $$$   | Available free from Quit Line with program enrollment UTQL*                                       | • Local skin reaction
• Insomnia, abnormal or change in dreams
• Headache
• GI nausea, gas, dyspepsia, constipation | Cat D |
|                        | Nicotine Gum (Nicorette)        | 1-2 cigs/day: 2 mg gum (every 1-2 hrs up to 24 pieces/day) or 1-2 cigs/day: 4 mg gum (every 1-2 hrs up to 24 pieces/day) No food or drink 15 minutes before use | Up to 12 weeks          | OTC $$$   | UTQL*                                             | • Jaw pain, mouth or throat soreness, throat nasal and mouth irritation
• Headache
• GI nausea, gas, dyspepsia, constipation | Cat C |
|                        | Nicotine Lozenge (Commit)       | 1-2 cigs/day; puff each cartridge for up to 20 minutes Each cartridge 4 mg 10 puffs inhaler=1 puff cigarette | Up to 12 weeks: wk 1-6: 1 loz/1-2 hrs wk 7-9: 1 loz/2-4 hrs wk 10-12: 1 loz/4-8 hrs | OTC $$$   | UTQL*                                             | • Jaw pain, mouth or throat soreness, throat nasal and mouth irritation
• Headache
• GI nausea, gas, dyspepsia, constipation | Cat D |
|                        | Nicotine Oral Inhaler (Nicotrol Inhaler) | 6-16 cartridges/day; puff each cartridge for up to 20 minutes Each cartridge 4 mg 10 puffs inhaler=1 puff cigarette | Up to 3 months          | prescription $$ |                                                                                           | • Jaw pain, mouth or throat soreness, throat nasal and mouth irritation
• Headache
• GI nausea, gas, dyspepsia, constipation | Cat D |
|                        | Nicotine Nasal Spray (Nicotrol NS) | 8-40 sprays/day: 1 dose = 1 spray/nostril 1-2 doses/hr (maximum 5 doses/hr or < 48 doses/day) | Up to 3 - 6 months       | prescription $$ |                                                                                           | • Jaw pain, mouth or throat soreness, throat nasal and mouth irritation
• Headache
• GI nausea, gas, dyspepsia, constipation | Cat D |
| **Medications**        | Bupropion SR (Zyban)            | 150 mg/day for 3 days, then 150 mg/day BID from day 4 to end of treatment (begin treatment 1-2 weeks pre-quit) | Up to 12 weeks Maintenance up to 6 months | prescription $$ | Contraindicated: Patients with seizure disorders, bulimia or anorexia nervosa (eating disorders) Patients with bipolar and schizophrenia, MAOI use within previous 14 days Simultaneous abrupt discontinuation of alcohol or sedatives Suicide risk (Black box warning: increased in children, adolescents, and young adults | • Insomnia, abnormal or change in dreams
• Headache | Cat C |
|                        | Varenicline (Chantix)           | 0.5 mg/day on days 1-3, 0.5 mg BID on days 4-7, then 1 mg BID from day 8 to end of treatment (begin treatment 7 days pre-quit date) | 12 weeks treatment: may consider additional 12 weeks to enhance cessation | prescription $$ | Warning/precaution: Renal impairment, dialysis, psychiatric condition Serious psychiatric illness: monitor frequently for depressed mood, agitation, changes in behavior, suicidal ideation and suicide Monitor neuropsychiatric symptoms Use caution driving or operating machinery until you know how quitting smoking and/or using CHANTIX may affect you. Suicide risk (Black box warning) | • Insomnia, abnormal, strange or vivid dreams
• Headache
• GI nausea, gas, dyspepsia, constipation | Cat C |

Adapted with permission from the Colorado Clinical Guidelines Collaborative, 3/2011.

*Free to eligible Utah Tobacco Quit Line users by calling 1.800.QUIT.NOW (784-8669).*