

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.

Category	Drugs	Recommended Dosage	Recommended Duration	Relative Cost Index: 1ppd = \$\$ (av \$150/mo)	Contraindications/Precautions <i>Consult package insert for full list of precautions, contraindications, use in pediatrics, and drug interactions</i>	Adverse Side Effects/Treatment Tips <i>These are general categories; individual patient reactions may vary</i>	Pregnancy <small>(weight risk vs benefit)</small>
NRT (Nicotine Replacement Therapy)	Nicotine Patch/transdermal (NicoDerm CQ, Habitrol, Nicotrol)	> 10 cigs/day: use 21 mg/24 hrs for 6-8 wks, then 14 mg/24 hrs for 2-4 weeks, then 7mg/24 hrs for 2-4 weeks < 10 cigs/day: use 15 mg/16 hrs for 6 weeks	Up to 10 weeks	OTC \$\$\$ Available free from Quit Line with program enrollment UTQL*	Contraindicated: • Recent (</= 2 weeks) myocardial infarction, • severe arrhythmias, • unstable angina Precautions: • TMJ disease	• Local skin reaction • Insomnia, abnormal or change in dreams • Headache • GI nausea, gas, dyspepsia, constipation	Cat D
	Nicotine Gum (Nicorette)	1-24 cigs/day: 2 mg gum (every 1-2 hrs up to 24 pieces/day) 25+ cigs/day: 4 mg gum (every 1-2 hrs up to 24 pieces/day) No food or drink 15 minutes before use "Chew and Park" technique	Up to 12 weeks	OTC \$\$\$ UTQL*	Contraindicated: • Recent (</= 2 weeks) myocardial infarction, • severe arrhythmias, • unstable angina	• Jaw pain, mouth or throat soreness, throat nasal and mouth irritation • Insomnia, abnormal or change in dreams • GI nausea, gas, dyspepsia, constipation	Cat C
	Nicotine Lozenge (Commit)	2 mg for those who smoke their first cigarette more than 30 min after waking 4 mg for those who smoke their first cigarette within 30 min of waking No food or drink 15 min before use	Up to 12 weeks: wks 1-6: 1 loz/ 1-2 hrs wks 7-9: 1 loz/ 2-4 hrs wk 10-12: 1 loz/ 4-8 hrs	OTC \$\$\$ UTQL*	Contraindicated: • Recent (</= 2 weeks) myocardial infarction, • severe arrhythmias, • unstable angina	• 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	6-16 cartridges/day; puff each cartridge for up to 20 minutes Each cartridge 4 mg	prescription \$\$\$	Contraindicated: • Recent (</= 2 weeks) myocardial infarction, • severe arrhythmias, • unstable angina	• Jaw pain, mouth or throat soreness, throat nasal and mouth irritation • Headache	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 < 40 doses/day)	Up to 3 - 6 months	prescription \$\$	Contraindicated: • Recent (</= 2 weeks) myocardial infarction, • severe arrhythmias, • unstable angina Precautions: • Severe reactive airway disease • Underlying chronic nasal disorders (rhinitis, nasal polyps, sinusitis)	• Jaw pain, mouth or throat soreness, throat nasal and mouth irritation • 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, MAO 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

Reference: Treating Tobacco Use and Dependence; US Department of Health and Human Services Public Health Service, 2008

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

For important updates, special clinical considerations, and effectiveness information, visit waytoquit.org.

way to quit.org