

SMOKING CESSATION

	Dosing	Adverse effects
Nicotine patch <ul style="list-style-type: none"> Nicoderm: 7, 14, 21 mg/d Habitrol: 7, 14, 21 mg/d 	<ul style="list-style-type: none"> <10 cig/d, < 45 kg, CHD: 14 mg/d x 6 wks, 7 mg/d x 2 wks > 10 cigs/d: 21 mg/d x 6 wks, 14 mg/d x 2 wks, 7 mg/d x 2 wks > 20 cigs/d: 21 mg/d x 3-4 wks, 14 mg/d x 3-4 wks, 7 mg/d x 3-4 wks 	Skin irritation, headache, insomnia, nightmares
Nicotine gum <ul style="list-style-type: none"> Nicorette: 2 mg, 4 mg Thrive: 2 mg, 4 mg 	<ul style="list-style-type: none"> 1 piece/hr PRN MAX: 20 pieces/day ≥ 15 cigs/d: use higher dose of 4 mg May use prn while on patch 	Cough, throat irritation CONTRAINDICATED: dental problems, TMJ
Nicotine oral inhaler <ul style="list-style-type: none"> Nicorette inhaler 	<ul style="list-style-type: none"> 6-12 cartridges/d x 12 weeks, then taper over 6-12 weeks 10 puffs = 1 puff from cigarette; each cigarette has 20 min continuous puffing Once punctured cartridge is good for 24 h 	Throat irritation, cough, rhinitis, dyspepsia
Nicotine Lozenges <ul style="list-style-type: none"> Nicorette 2,4 mg Thrive 1,2 mg 	<ul style="list-style-type: none"> 1 lozenge q-1-2 hrs x 6 weeks, q 2-4 hrs x 3 wks, q 4-8 hrs x 3 weeks MAX: 15 x 2 mg lozenge 	Soreness in gums, teeth, throat, hiccups and heartburn/ indigestion
Bupropion	<ul style="list-style-type: none"> 150 mg SR daily x 3 days, then 150 mg SR BID x 7-12 weeks Begin ≥ 1 week before quit date 	Insomnia, agitation, tremor, decreased appetite, GI upset, dry mouth Decreases seizure threshold
Varenicline	<ul style="list-style-type: none"> 0.5 mg once daily on days 1-3; 0.5 mg twice daily on days 4-7; 1 mg twice daily starting on day 8 If SCr <30 mL/min reduce dose to 0.5 mg daily Duration 12 to 24 weeks 	Nausea, insomnia, abnormal dreams, neuropsychiatric symptoms (agitation, depressed mood, suicidal ideation, worsening of pre-existing psychiatric illness, unexplained alterations in consciousness of visual disturbances)