

PHARMACOLOGY—FDA APPROVED MEDS FOR SMOKING CESSATION

****Combination Therapy Doubles Quit Rates**

*****Patches decrease withdrawal symptoms and gum, lozenge, nasal spray, etc. decrease urges to smoke.**

Nicotine Patch—Generic or Nicoderm CQ

7 mg, 14 mg and 21 mg 1 cigarette=1 mg

Heavy cigarette user may need to wear 2 patches at once initially if smoking 2ppd>

Gives consistent nicotine level—may titrate over time

Nicotine Lozenge—Generic or Nicorette/Nicorette Mini—cherry or mint

2mg or 4mg TTFC less than 30 min, use 4mg; TTFC more than 30 min, use 2mg

May use q 1-2 hours initially, max 20/day

*Yale program recommends using 15 minutes prior to usual cig to decrease urge.

Nicotine Gum—Generic or Nicorette—original, cinnamon, fruit, mint or orange

2 mg or 4 mg TTFC less than 30min, use 4mg; TTFC more than 30 min, use 2mg

May use q 1-2 hours initially, max 24/day

*Yale program recommends using 15 minutes prior to usual cig to decrease urge.

Nicotine Nasal Spray—Nicotrol (prescription only)

1-2 doses/hr or 8-40 doses/day 1 dose= 2 sprays each nostril

*Yale program recommends using 15 minutes prior to usual cig to decrease urge.

Nicotine Oral Inhaler—Nicotrol inhaler (prescription only)

10 mg cartridge

Initially, 1 cartridge q 1-2hrs, 6-16 per day

Not intended to be inhaled into lungs, best if continuous puffing for 20 min

*Yale program recommends using 15 minutes prior to usual cig to decrease urge.

E-cigarettes

Involve exposure to nicotine as well as aerosolized propylene glycol and glycerol. The toxicity of chronic exposure to these and other components- some found to be carcinogenic (i.e. formaldehyde)- is unknown. Clinicians can encourage smoking cessation aids that have proven safe as first choice. With recent serious lung disease and death associated with vaping, the CDC is recommending that patients who are actively using ecigs or vaping products should be advised to stop their use. Counsel regarding other options for nicotine replacement treatments- patches, gum, lozenges, nicotrol inhaler and nicotine nasal spray.

Bupropion—Generic, Wellbutrin or Zyban

150 mg SR

Do not use if seizure disorder, anorexia or bulimia

150 mg po q AM x 3 days, then 150 mg po BID

*Use with caution in presence dehydration or increased seizure. Excessive vomiting from gastritis leading to dehydration could also be a risk for seizures. **Varenicline**—Chantix

0.5 and 1 mg tablet

Cautionary use in patients with psychiatric illness

Day 1-3, 0.5 mg po q AM

Day 4-7, 0.5 mg po BID

Weeks 2-12, 1 mg po BID

Begin 1 week prior to quit date