

## Suggestions for the Clinical Use of Medications for Tobacco Dependence Treatment<sup>a</sup>

Medication	Precautions/Contraindications	Side Effects	Dosage	Duration	Availability
<b>Nicotine Patch</b>		Local skin reaction Insomnia	21 mg/24 hours 14 mg/24 hours 7 mg/24 hours	4 weeks then 2 weeks then 2 weeks	Prescription and OTC <sup>b</sup>
<b>Nicotine Gum</b>		Mouth soreness Dyspepsia	1-24 cigs/day-2mg gum (up to 24 pcs/day) 25+ cigs/day-4 mg gum (up to 24 pcs/day)	Up to 12 weeks	OTC <sup>b</sup> only
<b>Nicotine Nasal Spray</b>		Nasal irritation	8-40 doses/day	3-6 months	Prescription only
<b>Nicotine Inhaler</b>		Local irritation of mouth and throat	6-16 cartridges/day	Up to 6 months	Prescription only
<b>Nicotine Lozenge</b>		Local irritation of throat Hiccups Heartburn/Indigestion Nausea	First am cigarette after 30 minutes from waking: 2 mg (up to 20 pcs/day) First am cigarette before 30 minutes from waking: 4 mg (up to 20 pcs/day)	12 weeks	OTC <sup>b</sup> only
<b>Bupropion SR</b>	History of seizure History of eating disorder Use of MAO inhibitors in past 14 days	Insomnia Dry mouth	150 mg every morning for 3 days then 150 mg twice daily (Begin treatment 1-2 weeks pre-quit)	7-12 weeks maintenance up to 6 months	Prescription only
<b>Varenicline</b>	Monitor for changes in mood, behavior, psychiatric symptoms, and suicidal ideation	Nausea Trouble sleeping	0.5 mg once daily for days 5-7 before quit date 0.5 mg twice daily for days 1-4 before quit date 1 mg twice daily starting on quit date	3 months, maintenance up to 6 months	Prescription only

<sup>a</sup>The information contained within this table is not comprehensive.  
<sup>b</sup>OTC refers to over the counter.

Please see medication package inserts for additional information.

