

Tobacco Dependence Medication: Treatment Recommendations for OHSU Health Professionals

Prescription	Brief Profile	Dosing	Instructions	Comments
Varenicline (Chantix®)	<ul style="list-style-type: none"> No contraindications. Safe for most tobacco users. Has statistically higher odds of quitting than patches or lozenges; superior to bupropion. Nausea and sleep disturbances are common. Often covered by insurance; \$4.00/day 	<ul style="list-style-type: none"> 0.5 mg. 1x day for days 1-3. 0.5 mg. 2x day for days 4-7; 1.0 mg 2x day thereafter. (Starter pack has titrated doses). Treatment is for 12 weeks with an additional 12 weeks, if abstinent, to prevent relapse. 	<ul style="list-style-type: none"> Start taking Chantix one week prior to quitting. Take with food and full glasses of water to reduce risk of nausea. Target Quit Day is day 8 or later. 	<ul style="list-style-type: none"> Effectiveness in combination with NRT not tested. Not tested in children or pregnant women. Doseage adjustment is recommended for patients with severe renal impairment.
Bupropion (Zyban®, Wellbutrin®)	<ul style="list-style-type: none"> Recommend if patient does not want to use varenicline or NRT. Not recommended if at risk for seizure (see contraindications/precautions.) Somewhat more effective than patches, may be less effective than varenicline. Patients should be followed more closely to monitor potential adverse events. Can use in combination with NRT. Increases effectiveness over NRT alone. Usually covered by insurance: \$3.00/day generic. 	<ul style="list-style-type: none"> 150 mg. of sustained release Wellbutrin® or Zyban® 1x day for days 1-3. 150 mg 2x day thereafter. Treatment is 12 weeks. Wellbutrin extended release is being prescribed but has not been tested for tobacco cessation. 	<ul style="list-style-type: none"> Do not need to taper down dose at end of treatment. Take with food and a full glass of water. Target Quit Day is day 8 or later. 	<ul style="list-style-type: none"> Immediate release form of Wellbutrin increases seizure risk compared to Sustained Release (SR) or Extended Release (XL) forms. Do not use with seizure disorder, heavy drinking, eating disorders, or while on monoamine oxidase inhibitor. Can increase suicidal thoughts in children.
Non-prescription	Profile	Dosing	Instructions	Comments
Nicotine Patch	<ul style="list-style-type: none"> Safe for most tobacco users. Should not be used if allergy to adhesives. Can be used with patients with CVD unless patient has had a serious CVD event in last four weeks. Recommend when client does not want to use varenicline or if has had a good experience with patch before and wants to use again. Medicaid covered with Rx; \$3.25/day generic. 	<ul style="list-style-type: none"> Usual dose: 21 mg patch for 6 weeks, 14 mg patch for 2 weeks, 7 mg patch for 2 weeks. Start with 2, 21 mg patches if ≥ 40 cigs per day; start with 21+14 mg patches if 30-40 cigs per day; Usual dose if 11-30 cigs per day. Start with 14 mg patch if smoking ≤ 10 cig per day. 	<ul style="list-style-type: none"> Apply every morning Apply to clean, hairless skin on upper part of body. Rotate sites to prevent skin irritation. Do not return to the same site for at least 5 days. Target Quit Day is Day 1 or later. 	<ul style="list-style-type: none"> Peak levels in 2-8 hours. Do not use with severe uncontrolled eczema or psoriasis. Can be removed at night for sleep disturbances but may be less effective for morning cravings. If general site reaction occurs, discontinue use. Remove at night if pregnant.
Nicotine Patch + flexible dosing NRT <ul style="list-style-type: none"> lozenge gum inhaler: (prescription) 	<ul style="list-style-type: none"> Patch (see above) Combination used @ ≥ 20 cigs per day 4 mg. lozenge/gum or inhaler used as needed to manage breakthrough cravings. Recommend using combination if varenicline or bupropion are not used, if patient has had a good experience with patch before and wants to use again AND in with significant withdrawal. Medicaid covered, out of pocket otherwise Added cost/day: gum \$1.50, lozenge \$2.00, inhaler \$4.00 (four doses) 	<ul style="list-style-type: none"> Patch (see above) 4 mg lozenge as needed to manage breakthrough cravings not to exceed 20 per day. Length of treatment is 10 weeks – longer on lozenge if needed. 	<ul style="list-style-type: none"> Patch (see above) Do not chew the lozenges Do not use lozenges one after the other. Rapid use and swallowing will cause digestive problems. Do not use lozenges/gum or inhaler during or just after eating or drinking (except water). Nicotine is absorbed through lining in mouth and is reduced with food or drink. 	<ul style="list-style-type: none"> Lozenges: peak levels in 15-20 minutes. May cause insomnia. May cause some nausea, hiccups, heartburn, coughing, headache, and flatulence.

- Patients should continue on medications even if not successfully quit at first. Research shows that 4-8 weeks may be needed to fully quit.
- Symptoms or history of substance use and/or depression reduce success in quitting. Recommend treating these conditions first whenever possible before beginning tobacco dependence treatment.
- Smoking increases the metabolism of several medications. The effect does not appear to be attributable just to nicotine, but rather to a number of other chemicals present in tobacco smoke. By inducing the cytochrome 1A2 hepatic metabolism pathway, the blood levels of the following medications may be lower than expected: theophylline, estradiol, fluvoxamine (Luvox), warfarin (Coumadin), propranolol (Inderal), acetaminophen, haloperidol (Haldol), mirtazapine (Remeron), cyclobenzaprine (Flexeril), ropinirole (Requip), naproxen, verapamil, olanzapine (Zyprexa), zileuton (Zyflo), Clozapine (Clozaril). Conversely, the blood levels of these medications may increase when smoking cessation is attempted, potentially creating increased adverse reactions in abstinent smokers.
- Women metabolize nicotine more rapidly than men especially when pregnant women and on birth control. NRT dose may need adjustment or use non-nicotine medication.