### Tobacco Treatment Chart

Help your patients quit smoking by following the 5 A’s:

1. **ASK.** “Do you smoke?” Record in every patient record at every visit.
2. **ADVISE.** “I strongly advise you to quit smoking for your health and the health of your friends and family.”
3. **ASSESS.** “Are you ready to quit within the next 30 days?”
4. **ASSIST:**
   - Brief counseling.
   - Prescribe medications or recommend OTC.
   - Refer to 1-800-QUIT-NOW or a local tobacco-cessation program.
5. **ARRANGE.** Advise the patient to set a follow-up appointment with his/her PCP.

#### Medications Chart

<table>
<thead>
<tr>
<th>Medication</th>
<th>Cautions</th>
<th>Side Effects</th>
<th>Dosage</th>
<th>Use</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bupropion SR 150</td>
<td>Not for use if you: • Currently use a monoamine oxidase (MAO) inhibitor</td>
<td>• Insomnia • Dry mouth</td>
<td>• Days 1-3: 150 mg each morning • Day 4-end: 150 mg twice daily</td>
<td>Start 1-2 weeks before your quit date; use 2 to 6 months</td>
<td>Prescription Only: Generic, Zyban, Wellbutrin SR</td>
</tr>
<tr>
<td>Nicotine Gum (2 mg or 4 mg)</td>
<td>• Caution with dentures • Don’t eat or drink 15 minutes before or during use</td>
<td>• Mouth soreness • Stomach ache</td>
<td>• 1 piece every 1 to 2 hours • 6-15 pieces per day • 2 mg: If smoking 24 cigarettes or less per day • 4 mg: If smoking 25+ cigs</td>
<td>Up to 12 weeks or as needed</td>
<td>OTC Only: Nicorette</td>
</tr>
<tr>
<td>Nicotine Inhaler</td>
<td>• May irritate mouth/throat at first (but improves with use) • Don’t eat or drink 15 minutes before or during use</td>
<td>• Local irritation of mouth and throat • Inhalate 80 times/cartridge • May save partially-used cartridge for next day</td>
<td>• 6-16 cartridges/day</td>
<td>Up to 6 months; taper at end</td>
<td>Prescription Only: Nicotrol inhaler</td>
</tr>
<tr>
<td>Nicotine Lozenge (2 mg or 4 mg)</td>
<td>• Do not eat or drink 15 minutes before or during use • One lozenge at a time • Limit 20 in 24 hours</td>
<td>• Hiccups • Cough • Heartburn</td>
<td>• 2 mg: If you don’t smoke for 30 minutes or more after waking • 4 mg: If you smoke within 30 minutes of waking • Wks 1-6: 1 every 1-2 hrs • Wks 7-9: 1 every 2-4 hrs • Wks 10-12: 1 every 4-8 hrs</td>
<td>3-6 months</td>
<td>OTC Only: Generic, Commit</td>
</tr>
<tr>
<td>Nicotine Nasal Spray</td>
<td>• Not for patients with asthma • May irritate nose (improves over time) • May cause dependence</td>
<td>• Nasal irritation</td>
<td>• “dose” = 1 squirt per nostril • 1 to 2 doses per hour • 8 to 40 doses per day • Do NOT inhale</td>
<td>3-6 months; taper at end</td>
<td>Prescription Only: Nicotrol NS</td>
</tr>
<tr>
<td>Nicotine Patch</td>
<td>Do not use if you have severe eczema or psoriasis</td>
<td>• Local skin reaction • Insomnia</td>
<td>• One patch per day • If &gt; 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks</td>
<td>8-12 weeks</td>
<td>OTC: Generic, Nicoderm CQ, Nicotrol Prescription: Generic</td>
</tr>
<tr>
<td>Varenicline</td>
<td>Use with caution in patients: • With significant renal impairment • With serious psychiatric illness • Undergoing dialysis FDA Warning: Varenicline patients have reported depressed mood, agitation, changes in behavior, suicidal ideation and suicide.</td>
<td>• Nausea • Insomnia • Abnormal, vivid or strange dreams</td>
<td>• Days 1-3: 0.5 mg every morning • Days 4-7: 0.5 mg twice daily • Day 8-end: 1 mg twice daily</td>
<td>Start 1 week before quit date; use 3-6 months</td>
<td>Prescription only: Chantix</td>
</tr>
</tbody>
</table>

#### Combinations

1. Patch + bupropion
2. Patch + gum
3. Patch + lozenge
4. OR inhaler

- Only patch + bupropion is currently FDA-approved
- Follow instructions for individual medications
- See individual medications above

* See above

See FDA package inserts for more information

* Based on the 2008 Clinical Practice Guideline: Treating Tobacco Use and Dependence, U.S. Public Health Service, June 2008