

# 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\*

Medication	Cautions	Side Effects	Dosage	Use	Availability
<b>Bupropion SR 150</b>	Not for use if you: <ul style="list-style-type: none"> <li>• Currently use a monoamine oxidase (MAO) inhibitor</li> <li>• Use bupropion in any other form</li> <li>• Have a history of seizures</li> <li>• Have a history of eating disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Insomnia</li> <li>• Dry mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Days 1-3: 150 mg each morning</li> <li>• Day 4-end: 150 mg twice daily</li> </ul>	Start 1-2 weeks before your quit date; use 2 to 6 months	Prescription Only: <ul style="list-style-type: none"> <li>• Generic</li> <li>• Zyban:</li> <li>• Wellbutrin SR</li> </ul>
<b>Nicotine Gum</b> (2 mg or 4 mg)	<ul style="list-style-type: none"> <li>• Caution with dentures</li> <li>• Don't eat or drink 15 minutes before or during use</li> </ul>	<ul style="list-style-type: none"> <li>• Mouth soreness</li> <li>• Stomach ache</li> </ul>	<ul style="list-style-type: none"> <li>• 1 piece every 1 to 2 hours</li> <li>• 6-15 pieces per day</li> <li>• 2 mg: If smoking 24 cigarettes or less per day</li> <li>• 4 mg: If smoking 25+ cigs</li> </ul>	Up to 12 weeks or as needed	OTC Only: <ul style="list-style-type: none"> <li>• Generic</li> <li>• Nicorette</li> </ul>
<b>Nicotine Inhaler</b>	<ul style="list-style-type: none"> <li>• May irritate mouth/throat at first (but improves with use)</li> <li>• Don't eat or drink 15 minutes before or during use</li> </ul>	<ul style="list-style-type: none"> <li>• Local irritation of mouth and throat</li> </ul>	<ul style="list-style-type: none"> <li>• 6-16 cartridges/day</li> <li>• Inhale 80 times/cartridge</li> <li>• May save partially-used cartridge for next day</li> </ul>	Up to 6 months; taper at end	Prescription Only: Nicotrol inhaler
<b>Nicotine Lozenge</b> (2 mg or 4 mg)	<ul style="list-style-type: none"> <li>• Do not eat or drink 15 minutes before or during use</li> <li>• One lozenge at a time</li> <li>• Limit 20 in 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>• Hiccups</li> <li>• Cough</li> <li>• Heartburn</li> </ul>	<ul style="list-style-type: none"> <li>• 2 mg: If you don't smoke for 30 minutes or more after waking</li> <li>• 4 mg: If you smoke within 30 minutes of waking</li> <li>• Wks 1-6: 1 every 1-2 hrs</li> <li>• Wks 7-9: 1 every 2-4 hrs</li> <li>• Wks 10-12: 1 every 4-8 hrs</li> </ul>	3-6 months	OTC Only: <ul style="list-style-type: none"> <li>• Generic</li> <li>• Commit</li> </ul>
<b>Nicotine Nasal Spray</b>	<ul style="list-style-type: none"> <li>• Not for patients with asthma</li> <li>• May irritate nose (improves over time)</li> <li>• May cause dependence</li> </ul>	<ul style="list-style-type: none"> <li>• Nasal irritation</li> </ul>	<ul style="list-style-type: none"> <li>• 1 "dose" = 1 squirt per nostril</li> <li>• 1 to 2 doses per hour</li> <li>• 8 to 40 doses per day</li> <li>• Do NOT inhale</li> </ul>	3-6 months; taper at end	Prescription Only: Nicotrol NS
<b>Nicotine Patch</b>	Do not use if you have severe eczema or psoriasis	<ul style="list-style-type: none"> <li>• Local skin reaction</li> <li>• Insomnia</li> </ul>	<ul style="list-style-type: none"> <li>• One patch per day</li> <li>• If &gt; 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks</li> </ul>	8-12 weeks	OTC: <ul style="list-style-type: none"> <li>• Generic</li> <li>• Nicoderm CQ</li> <li>• Nicotrol</li> </ul> Prescription: <ul style="list-style-type: none"> <li>• Generic</li> </ul>
<b>Varenicline</b>	Use with caution in patients: <ul style="list-style-type: none"> <li>• With significant renal impairment</li> <li>• With serious psychiatric illness</li> <li>• Undergoing dialysis</li> </ul> FDA Warning: Varenicline patients have reported depressed mood, agitation, changes in behavior, suicidal ideation and suicide.	<ul style="list-style-type: none"> <li>• Nausea</li> <li>• Insomnia</li> <li>• Abnormal, vivid or strange dreams</li> </ul>	<ul style="list-style-type: none"> <li>• Days 1-3: 0.5 mg every morning</li> <li>• Days 4-7: 0.5 mg twice daily</li> <li>• Day 8-end: 1 mg twice daily</li> </ul>	Start 1 week before quit date; use 3-6 months	Prescription only: Chantix
<b>Combinations</b>					
1. Patch+bupropion 2. Patch+gum 3. Patch+lozenge OR inhaler	<ul style="list-style-type: none"> <li>• Only patch + bupropion is currently FDA-approved</li> <li>• Follow instructions for individual medications</li> </ul>	<ul style="list-style-type: none"> <li>• See individual medications above</li> </ul>	<ul style="list-style-type: none"> <li>• See individual medications above</li> </ul>	See above	See above