

Tobacco Treatment Medication Dosing Chart

Product	Nicotine Patch	Nicotine Gum	Nicotine Lozenge	Nicotine Nasal Spray	Nicotine Inhaler	Bupropion SR	Varenicline
Brand Name/Generic Available	Nicoderm CQ® Habitrol Generic	Nicorette® Generic	COMMIT® Generic	Nicotrol NS®	Nicotrol® Inhaler	Zyban® Wellbutrin® Generic	Chantix®
Product Strength	21 mg 14 mg 7 mg	2 mg 4 mg	2 mg 4 mg	10 mg/ml	10 mg/ cartridge	150 mg SR	0.5 mg 1mg
Dosing	1 patch / 24 hours 11+ cigarettes per day, use 21 mg for 4-6 wks, 14 mg for 2-4 wks, 7 mg for 2-4 wks. 6-10 cigarettes per day, use 14 mg for 4-6 wks, 7 mg for 2-4 wks.	Use 4 mg for 20 or more cigarettes /day. Use 1 piece every 1-2 hrs. Maximum 24 pieces/day. Taper as comfortable.	Use 1 2-mg piece every 1 to 2 hrs. Use 4mg with 20+ cigarettes/ day or if first cigarette within 30 minutes of waking. Maximum 24 per day.	1-2 doses/hour Dose = 1 spray per nostril Do not exceed 5 doses/hr or 40 doses/day For heavier smokers	6-16 cartridges/day. Taper as comfortable	Begin 3-7 days before quit date. Start 150 mg per day for 7 days, then 150 mg twice per day.	Begin 1 week before quit date. Starter Pack includes dose titration from 0.5 mg to 1 mg twice daily.
Time to peak Plasma level	5-10 hours	20-30 minutes	20-30 minutes	5-7 minutes	15 minutes	5 days	4 hours
Possible Adverse Reactions	Mild skin reactions (rotate site, use 1% cortisone cream) If vivid dreams or sleep disturbance, remove at night	Mouth soreness Hiccups Indigestion Jaw ache (Avoid constant chewing; park between cheek and gums)	Headache Insomnia Nausea Indigestion Hiccups	Nose, throat or eye irritation (usually short term) Higher dependence potential compared to other NRT	Mouth or throat irritation, cough (usually short term). Use proper technique - like sucking on a straw.	Anxiety Insomnia Skin rash Psychiatric symptoms Depression *Additional warnings: see back	Nausea Headache Sleep Disturbance Unusual Dreams Possible psychiatric symptoms/depression *Additional warnings: see back
Instructions for Use	Apply 1 patch to healthy, clean, dry hairless skin such as upper arm, lower back or hip. Remove after waking and replace daily.	Chew gum until a peppery taste and slight tingle occurs, and park between cheek and gum. Chew again when taste fades, then park in another area of mouth. Use for 30 minutes.	Allow lozenge to dissolve slowly over 20-30 minutes without chewing or swallowing. Occasionally move lozenge from one side of mouth to the other.	Blow nose if not clear. Insert bottle tip as far as comfortable, angling toward wall of nostril. Do not sniff while spraying.	Pull top off. Press cartridge firmly until seal breaks. Align marks to close. Inhale using a short puffing or sipping action. Do not inhale into lungs. Contains about 200 puffs.	Start once daily before quit day (7 days lowers side effects), then take twice per day. With adverse reactions, reduce to once per day.	Start 0.5 mg daily each morning for 3 days, then 0.5 mg twice per day for 4 days, then take 1 mg twice daily. Take with food and water if possible.
Cost (Average) For Maximum Dose	\$1.27 per day *generic 1 patch per day	\$6.14 per day *generic 24 per day	\$10.93 per day *generic 20 per day	\$15.00 per day 40 doses / day	\$17.00 per day 16 cartridges/day	\$1.20 per day *generic 2 tablets per day	\$2.27 per day 2 tablets per day
Contra-indications	Severe eczema or extensive skin disorder	TMJ disease or other jaw problems, dentures or other dental appliances, or toothless	Oral thrush or oral lesions	Rhinitis, nasal polyps, or sinusitis	Asthma, allergy to menthol	Seizure history or seizure risk (brain injury, heavy alcohol use, metabolic or eating disorder). Using MAO inhibitor	Reduce dose to 0.5 mg for elderly, weight less than 100 pounds, or renal disorder.
Cautions	Pregnancy, unstable coronary syndrome (ischemia, serious arrhythmia, angina) or peptic ulcer (gum and lozenge), under age 18.						
Rx Duration	Treatment is recommended for at least 3 months but may be up to 6 months or longer, depending on confidence of individual. Consult physician if considering a longer duration.						

Medication Dosing Guidelines for the Treatment of Smokeless Tobacco and Cigars

SMOKELESS 1 Can/week or more (note: one can is roughly equal to 4 packs of cigarettes)	Patch: 21 mg QD x 4-6 weeks Then 14 mg x 2-4 weeks Then 7 mg x 2-4 weeks	Gum or Lozenge: 4mg	Comment: The PHS Clinical Practice Guideline 2008 update does not recommend use of tobacco treatment medications for smokeless tobacco use due to lack of sufficient evidence of its efficacy. If used, suggested dosing is based on rough equivalence of cigarette smoking.
< 1 Can/week	Patch: 14 mg x 4-6 weeks Then 7 mg x 2-4 weeks	Gum or Lozenge: 2mg	
CIGAR / STOGIE – Less than two medium size per day.	Patch: Start 14 mg patch, Then 7 mg x 2 weeks	Gum or Lozenge: 2mg Inhaler: 6 – 10 cartridges as needed	Comment: The PHS Clinical Practice Guideline 2008 update does not recommend use of tobacco treatment medications for cigar use due to lack of sufficient evidence of its efficacy. If used, suggested dosing is based on rough equivalence of cigarette smoking. Consumers of small and/or little cigars often smoke in similar pattern to those who smoke cigarettes. The variety of products and patterns of use make it difficult to suggest dosing guidelines. Suggest assessing number of cigars smoked and time to first cigar smoked in the a.m. as possible guidelines. With use of gum, lozenge, inhaler and nasal spray patient can self-titrate based on experience of withdrawal symptoms. Discuss symptoms of possible nicotine overdose. Review risks and benefits.
2 Medium size cigars/day or more (1 medium = 6 strong cigarettes)	Patch: 21 mg patch x 4 weeks Then 14 mg patch x 2 weeks Then 7 mg patch x 2 weeks	Gum or Lozenge: 4mg Inhaler: 6 – 16 cartridges as needed	
Any # of large stogie-sized cigars/day (1 stogie = 10-20 cigarettes)	Patch: 21 mg patch x 4 weeks Then 14 mg patch x 2 weeks Then 7 mg patch x 2 weeks	Gum or Lozenge: 4mg Inhaler: 6 – 16 cartridges	

This chart is strictly for the convenience of consumers and providers. Consumers are advised to consult a physician, nurse or tobacco treatment specialist for more information regarding individual circumstances. Providers are advised to consult the Physician's Desk Reference or manufacturer for complete product information. Prices are approximations based on those found at www.drugstore.com in August 2009. Prices may change over time and vary according to area. By comparison, the average price of cigarettes in Maine as of 02/09 is \$6-\$7 per pack.

*Note concerning use of bupropion and varenicline:

- **The FDA advises that a person taking varenicline or bupropion who experiences the following should stop taking it and contact a healthcare provider immediately.**
 -Agitation -Hostility -Depressed Mood - Changes in behavior or thinking that are not typical for the person
 -Suicidal thoughts or behavior See www.fda.gov for updates.
- **Also note: Serious allergic or inflammatory reaction: Some allergic reactions have been reported that should be referred for immediate medical help. This has been noted in the varenicline post-marketing monitoring, but can occur with any medication:**
 -Swelling - especially of the face, lips, tongue, throat, neck - Hives -Breathing difficulties -Blistering rash in the mouth or on the skin

Updated 8/04/09