

## Comparison of Current Pharmacotherapy for Nicotine Dependence Treatment\*

Product	Nicotine Patch		Nicotine Gum	Nicotine Nasal Spray	Nicotine Lozenge	Nicotine Inhaler	Bupropion HCl SR Tablet	Varenicline Tablet
Brand Names	Nicotrol®	Nicoderm CQ®	Nicorette®	Nicotrol® NS	Commit®	Nicotrol® Inhaler	Zyban®	Chantix™
Availability	OTC		OTC	Rx	OTC	Rx	Rx	Rx
Product Strengths	15 mg	21 mg 14 mg 7 mg	2 mg (<24 cigarettes) 4 mg (>24 cigarettes)	10 mg/ml	2 mg 4mg	10 mg/cartridge	150 mg	0.5 mg and 1 mg
Initial Dosing	1 patch/ 16 hrs	1 patch/ 24 hrs	1 piece every 1-2 hrs	1-2 doses/hr (1 dose=1 spray per nostril)	1 lozenge / 1-2 hrs	6-16 cartridges/ day	150 mg/day	.5 mg once daily
Maximum Dosing	Same as above		24 pieces/ 24 hrs	5 doses/ hr or 4,0 doses/day	5 / 6 hrs or 20 /day	16 cartridges/day	300 mg/day (days 8+)	1 mg twice daily
Time to Peak Plasma Level	5-10 hrs		20-30 minutes	5-7 minutes	20-30 minutes	15 minutes	3 hrs	3-4 hrs
Recommended Treatment Duration	10 weeks	8-10 weeks	8-12 weeks	12 weeks	3-6 months	Up to 6 months	7-12 weeks	12 weeks
Adverse Reactions	Mild skin reaction	-Mild skin reaction -Vivid dreams, sleep	-Mouth soreness -Hiccups -Dyspepsia -Mild, transient jaw ache	-Dependence potential -Local transient irritation in nose, throat and eyes	-Headaches -Insomnia -Nausea if swallowed or chewed	-Mouth and throat irritation -Dyspepsia	-Dry mouth -Insomnia -Shakiness -Skin rash	-Nausea -Headache -Insomnia -Abnormal dreams
Cautions and Contradictions	<p><b>Cautions:</b> Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers</p> <p><b>Contraindications:</b> Severe eczema or other skin disease; allergy to adhesive tape.</p>		<p><b>Cautions:</b> Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers.</p> <p><b>Contraindications:</b> Severe TMJ or other jaw problems; presence of dentures or other dental appliances.</p>	<p><b>Cautions:</b> Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers.</p> <p><b>Contraindications:</b> Asthma; rhinitis; nasal polyps; sinusitis.</p>	<p><b>Cautions:</b> Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers.</p>	<p><b>Cautions:</b> Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers.</p> <p><b>Contraindications:</b> Allergy to menthol.</p>	<p><b>Contraindications:</b> Seizure disorder; current use of Wellbutrin/ bupropion; current or prior bulimia or anorexia nervosa; current or recent use of MAO inhibitors; bupropion allergy.</p>	<p><b>Cautions:</b> Pregnancy and severe renal Impairment.</p>
Instructions for Use	<p>Apply 1 patch to healthy, clean, dry, hairless skin such as upper arm or hip. Remove and replace daily. Remove 2 hours prior to prolonged strenuous exercise.***</p>		<p>Bite gum slowly until you notice a peppery taste and a slight tingle. Then park between your cheek and gum. When taste and tingle fade, bite until it starts working again, then park in other part of your mouth. Continue for 30 minutes. ***</p>	<p>Blow nose if it is not clear. Tilt head back slightly. Insert tip of bottle as far into nostril as is comfortable. Breathe through mouth. Spray once in each nostril. Do not sniff or inhale while spraying. If nose runs, gently sniff to keep spray in nose. Wait two or three minutes before blowing nose.***</p>	<p>Allow lozenge to dissolve slowly over 20-30 minutes without chewing or swallowing. Occasionally move the lozenge from one side of your mouth to the other.***</p>	<p>Pull off the top of the mouthpiece. Press one cartridge firmly into bottom of mouthpiece until seal breaks. Replace top. Align marks to close. Inhale a short breath to the back of mouth or puff in short breaths. Do not inhale to lungs. The nicotine cartridge lasts for about 20 minutes of active puffing.***</p>	<p>Start using bupropion one to two weeks before quitting tobacco use. Take 1 tablet orally (150 mg) each morning for 7 days.** Take a tablet each morning and another each evening.</p>	<p>Start using once week before quitting tobacco use. Should be taken after eating and with a full glass of water. Days 1-3, take one 0.5 mg tablet once daily. Days 4-7, take 0.5 mg tablet twice daily. Days 8-end of treatment, take 1 mg tablet twice daily. (An additional 12 weeks can be prescribed for patients who have successfully stopped smoking.)</p>

\*Inclusion of this adult dosage chart is strictly for the convenience of the prescribing provider. Please consult the Physicians' Desk Reference or the product manufacturer for complete product information and contraindications. \*\* Rotate and use steroid cream or try a different brand. \*\*\*Package insert says 1 tablet a day for 3 days. 7-day instructions are an off-label suggestion to avoid side effects. \*\*\* Stop all tobacco use prior to treatment.