

Pharmacologic Product Guide

FDA-Approved Medications for Smoking Cessation

NICOTINE REPLACEMENT THERAPY (NRT) FORMULATIONS						Bupropion SR	Varenicline
	Gum	Lozenge	Transdermal Patch	Nasal Spray	Oral Inhaler		
PRODUCT	<p>Nicorette¹, Generic OTC 2 mg, 4 mg original, cinnamon, fruit, mint, orange</p>	<p>Nicorette Lozenge¹, Nicorette Mini Lozenge¹, Generic OTC 2 mg, 4 mg cherry, mint</p>	<p>NicoDerm CQ¹, Generic OTC (NicoDerm CQ, generic) Rx (generic) 7 mg, 14 mg, 21 mg (24-hour release)</p>	<p>Nicotrol NS² Rx Metered spray 10 mg/mL aqueous nicotine solution</p>	<p>Nicotrol Inhaler² Rx 10 mg cartridge delivers 4 mg inhaled nicotine vapor</p>	<p>Zyban¹, Generic Rx 150 mg sustained-release tablet</p>	<p>Chantix² Rx 0.5 mg, 1 mg tablet</p>
PRECAUTIONS	<ul style="list-style-type: none"> Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious or worsening angina pectoris Temporomandibular joint disease Pregnancy³ and breastfeeding Adolescents (<18 years) 	<ul style="list-style-type: none"> Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious or worsening angina pectoris Pregnancy³ and breastfeeding Adolescents (<18 years) 	<ul style="list-style-type: none"> Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious or worsening angina pectoris Pregnancy³ (Rx formulations, category D) and breastfeeding Adolescents (<18 years) 	<ul style="list-style-type: none"> Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious or worsening angina pectoris Underlying chronic nasal disorders (rhinitis, nasal polyps, sinusitis) Severe reactive airway disease Pregnancy³ (category D) and breastfeeding Adolescents (<18 years) 	<ul style="list-style-type: none"> Recent (<2 weeks) myocardial infarction Serious underlying arrhythmias Serious or worsening angina pectoris Bronchospastic disease Pregnancy³ (category D) and breastfeeding Adolescents (<18 years) 	<ul style="list-style-type: none"> Concomitant therapy with medications or medical conditions known to lower the seizure threshold Hepatic impairment Pregnancy³ (category C) and breastfeeding Adolescents (<18 years) <p>Warning: BLACK-BOXED WARNING for neuropsychiatric symptoms⁴</p> <p>Contraindications:</p> <ul style="list-style-type: none"> Seizure disorder Concomitant bupropion (e.g., Wellbutrin) therapy Current or prior diagnosis of bulimia or anorexia nervosa Simultaneous abrupt discontinuation of alcohol or sedatives (including benzodiazepines) MAO inhibitor therapy in previous 14 days; concurrent use of reversible MAO inhibitors (e.g., linezolid, methylene blue) 	<ul style="list-style-type: none"> Severe renal impairment (dose adjustment is necessary) Pregnancy³ (category C) and breastfeeding Adolescents (<18 years) <p>Warning: BLACK-BOXED WARNING for neuropsychiatric symptoms⁴</p>
DOSING	<p>1st cigarette ≤30 minutes after waking: 4mg 1st cigarette >30 minutes after waking: 2 mg</p> <p>Week 1–6: 1 piece q 1–2 hours</p> <p>Week 7–9: 1 piece q 2–4 hours</p> <p>Week 10–12: 1 piece q 4–8 hours</p> <ul style="list-style-type: none"> Maximum, 24 pieces/day Chew each piece slowly Park between cheek and gum when peppery or tingling sensation appears (~15–30 chews) Resume chewing when tingle fades Repeat chew/park steps until most of the nicotine is gone (taste or tingle does not return; generally 30 min) Park in different areas of mouth No food or beverages 15 min before or during use Duration: up to 12 weeks 	<p>1st cigarette ≤30 minutes after waking: 4 mg 1st cigarette >30 minutes after waking: 2 mg</p> <p>Week 1–6: 1 lozenge q 1–2 hours</p> <p>Week 7–9: 1 lozenge q 2–4 hours</p> <p>Week 10–12: 1 lozenge q 4–8 hours</p> <ul style="list-style-type: none"> Maximum: 20 lozenges/day Allow to dissolve slowly (20–30 minutes for commit; 10 minutes for mini lozenge) Nicotine release may cause a warm, tingling sensation Do not chew or swallow Occasionally rotate to different areas of the mouth No food or beverages 15 min before or during use Duration: up to 12 weeks 	<p>>10 cigarettes/day: 21 mg/day x 4–6 weeks 14 mg/day x 2 weeks 7 mg/day x 2 weeks</p> <p>≤10 cigarettes/day: 14 mg/day x 6 weeks 7 mg/day x 2 weeks</p> <ul style="list-style-type: none"> May wear patch for 16 hours if patient experiences sleep disturbances (remove at bedtime) Duration: 8–10 weeks 	<p>1–2 doses/hour (8–40 doses/day) One dose = 2 sprays (one in each nostril); each spray delivers 0.5 mg of nicotine to the nasal mucosa</p> <ul style="list-style-type: none"> Maximum: – 5 doses/hour or – 40 doses/day For best results, initially use at least 8 doses/day Patients should not sniff, swallow, or inhale through the nose as the spray is being administered Duration: 3–6 months 	<p>6–16 cartridges/day Individualized dosing; initially use 1 cartridge q 1–2 hours</p> <ul style="list-style-type: none"> Best effects with continuous puffing for 20 minutes Initially use at least 6 cartridges/day Nicotine in cartridge is depleted after 20 minutes of active puffing Inhale into back of throat or puff in short breaths Do NOT inhale into the lungs (like a cigarette) but “puff” as if lighting a pipe Open cartridge retains potency for 24 hours No food or beverages 15 minutes before or during use Duration: 3–6 months 	<p>150 mg po q AM x 3 days, then increase to 150 mg po bid</p> <ul style="list-style-type: none"> Do not exceed 300 mg/day Begin therapy 1–2 weeks prior to quit date Allow at least 8 hours between doses Avoid bedtime dosing to minimize insomnia Dose tapering is not necessary Duration: 7–12 weeks, with maintenance up to 6 months in selected patients 	<p>Days 1–3: 0.5 mg po q AM Days 4–7: 0.5 mg po bid Weeks 2–12: 1 mg po bid</p> <ul style="list-style-type: none"> Take dose after eating with a full glass of water Dose tapering is not necessary Dosing adjustment is necessary for patients with severe renal impairment Duration: 12 weeks; an additional 12 week course may be used in selected patients

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ADVERSE EFFECTS	<ul style="list-style-type: none"> Mouth/jaw soreness Hiccups Dyspepsia Hypersalivation Effects associated with incorrect chewing technique: <ul style="list-style-type: none"> Lightheadedness Nausea/vomiting Throat and mouth irritation 	<ul style="list-style-type: none"> Nausea Hiccups Cough Heartburn Headache Flatulence Insomnia 	<ul style="list-style-type: none"> Local skin reactions (erythema, pruritus, burning) Headache Sleep disturbances (insomnia or abnormal/vivid dreams); associated with nocturnal nicotine absorption 	<ul style="list-style-type: none"> Nasal and/or throat irritation (hot, peppery, or burning sensation) Rhinitis Tearing Sneezing Cough Headache 	<ul style="list-style-type: none"> Mouth and/or throat irritation Cough Rhinitis Dyspepsia Headache Hiccups 	<ul style="list-style-type: none"> Insomnia Dry mouth Nervousness/difficulty concentrating Nausea Dizziness Rash Constipation Seizures (risk is 1/1,000 [0.1%]) Neuropsychiatric symptoms (rare: see PRECAUTIONS) 	<ul style="list-style-type: none"> Nausea Sleep disturbances (insomnia, abnormal/vivid dreams) Constipation Flatulence Vomiting Neuropsychiatric symptoms (rare: see PRECAUTIONS)
ADVANTAGES	<ul style="list-style-type: none"> Might satisfy oral cravings Might delay weight gain Patients can titrate therapy to manage withdrawal symptoms Variety of flavors are available Can be used in combination with other NRT products to manage situational urges 	<ul style="list-style-type: none"> Might satisfy oral cravings Might delay weight gain Easy to use and conceal Patients can titrate therapy to manage withdrawal symptom Variety of flavors are available 	<ul style="list-style-type: none"> Provides consistent nicotine levels over 24 hours Easy to use and conceal Once daily dosing associated with fewer compliance problems Can be used in combination with other NRT products 	<ul style="list-style-type: none"> Patients can titrate therapy to manage withdrawal symptoms Can be used in combination with other NRT products to manage situational urges 	<ul style="list-style-type: none"> Patients can titrate therapy to manage withdrawal symptoms Mimics hand-to-mouth ritual of smoking (could also be perceived as a disadvantage) Might satisfy oral cravings Can be used in combination with other NRT products to manage situational urges 	<ul style="list-style-type: none"> Twice daily oral dosing is simple and associated with fewer adherence problems Might delay weight gain Can be used with NRT; FDA-approved for use in combination with nicotine transdermal patch Might be beneficial in patients with depression 	<ul style="list-style-type: none"> Twice daily oral dosing is simple and associated with fewer adherence problems Offers a different mechanism of action for patients who have failed other agents
DISADVANTAGES	<ul style="list-style-type: none"> Might be problematic for patients with significant dental work Patients must use proper chewing technique to minimize adverse effects Need for frequent dosing can compromise compliance Gum chewing may not be socially acceptable or desirable for some patients 	<ul style="list-style-type: none"> Need for frequent dosing can compromise compliance Gastrointestinal side effects (nausea, hiccups, heartburn) might be bothersome 	<ul style="list-style-type: none"> When used as monotherapy, patients cannot titrate the dose to acutely manage withdrawal symptoms Allergic reactions to adhesive might occur Patients with dermatologic conditions (e.g., psoriasis, eczema, atopic dermatitis) should not use the patch 	<ul style="list-style-type: none"> Need for frequent dosing can compromise compliance Nasal/throat irritation may be bothersome Patients with chronic nasal disorders or severe reactive airway disease should not use the spray 	<ul style="list-style-type: none"> Need for frequent dosing can compromise adherence Initial throat or mouth irritation can be bothersome Cartridges should not be stored in very warm conditions ($\leq 60^{\circ}\text{F}$) or used in very cold conditions 	<ul style="list-style-type: none"> Seizure risk is increased Several contraindications and precautions preclude use in some patients (see PRECAUTIONS) Patients should be monitored for potential neuropsychiatric symptoms⁴ (see PRECAUTIONS) 	<ul style="list-style-type: none"> Should be taken with food or a full glass of water to reduce incidence of nausea Patients should be monitored for potential neuropsychiatric symptoms⁴ (see PRECAUTIONS)
COST/DAY⁵	2 mg or 4 mg: \$1.90 – \$3.70 (9 pieces)	2 mg or 4 mg: \$2.66 – \$4.10 (9 pieces)	\$1.52 – \$3.48 (1 patch)	\$5.00 (8 doses)	\$8.51 (6 cartridges)	\$2.72 – \$6.22 (2 tablets)	\$8.24 (2 tablets)

¹ Marketed by GlaxoSmithKline.

² Marketed by Pfizer.

³ The U.S. Clinical Practice Guideline states that pregnant smokers should be encouraged to quit without medication based on insufficient evidence of effectiveness and hypothetical concerns with safety. Pregnant smokers should be offered behavioral counseling interventions that exceed minimal advice to quit.

⁴ In July 2009, the FDA mandated that the prescribing information for all bupropion- and varenicline-containing products include a black-boxed warning highlighting the risk of serious neuropsychiatric symptoms, including changes in behavior, hostility, agitation, depressed mood, suicidal thoughts and behavior, and attempted suicide. Clinicians should advise patients to stop taking varenicline or bupropion SR and contact a healthcare provider immediately if they experience agitation, depressed mood, and any changes in behavior that are not typical of nicotine withdrawal, or if they experience suicidal thoughts or behavior. If treatment is stopped due to neuropsychiatric symptoms, patients should be monitored until the symptoms resolve.

⁵ Wholesale acquisition cost from Red Book Online. Thomson Reuters, March 2014.

Abbreviations: MAO, monoamine oxidase; NRT, nicotine replacement therapy; OTC, (over-the-counter) non-prescription product; Rx = prescription product.

For complete prescribing information, please refer to the manufacturers' package inserts.

