

NICOTINE REPLACEMENT THERAPY AND MEDICATION OPTIONS

QUIT AID	DOSAGES	PROPER USE	DELIVERY TIME	PROS	CONS
Nicotine Gum* OTC/Rx	4mg 2mg	“Chew and Park”. Do not eat or drink 15 minutes prior to or during use. Use for 20-30 minutes. Up to 24 pieces/day.	Approximately 10 minutes	Imitate smoking pattern. Fast-acting for urge management. Over the counter. Deferred weight gain. Multiple flavors.	Improper use could lead to side effects. Typically not covered by insurance. Not recommended for those with dental issues.
Nicotine lozenge* OTC/Rx	4mg 2mg	Do not suck or chew. Let dissolve slowly between cheek and gum. Do not eat or drink 15 minutes prior to or during use. Use for 30 minutes. Up to 20 lozenges/day.	Approximately 10 minutes	Imitate smoking pattern. Fast-acting for urge management. Over the counter. Multiple flavors. Easy usage. Excellent for spit tobacco users.	Improper use could lead to side effects. Typically not covered by insurance. Not recommended for those with dental issues.
Nicotine patch* OTC/Rx	21mg 14mg 7mg	Place patch above waist on non-hairy area. Hold in place for 10-15 seconds. Avoid neck, breast tissue, tattoos, and scars. Change patch daily with new site. Remove patch prior to bed time**.	Approximately 1-2 hours	Receive steady dose of nicotine throughout day. Can swim/ shower with patch. May be covered by Insurance.	Delay in nicotine delivery. Irritation from adhesive. Recommend using with fast-acting products.
Nicotine inhaler* Rx only	10mg 2mg - delivered	Insert cartridge. Place mouthpiece between lips, tilt slightly towards roof of mouth. “Suck” like a straw. Replace cartridge when nicotine taste is gone. No more than 16 cartridges/day.	Approximately 10 minutes	Imitate smoking pattern. Fast-acting for urge management. Can simulate hand to mouth motion. May be covered by insurance.	Improper use could cause throat irritation. Prescription-only.

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Nicotine Spray* Rx only	1mg – delivered each dose	Blow nose. Tilt head back slightly. Exhale all air out of lungs. Insert tip of bottle into nostril. Spray once in each nostril. Do not inhale or sniff while spraying. Wait 2-3 minutes until blowing nose.	Approximately 5 minutes	Fastest acting NRT product. Imitate smoking pattern. May be covered by insurance.	Takes 1-2 weeks for sinus cavities to adjust to using spray. Due to nasal irritation may not be used as frequently as needed. Could become addictive. Prescription only.
Bupropion/ Zyban/ Wellbutrin SR Rx only	150mg/day for 3 days, then 150mg twice daily	Start 7-10 days before quit date.*** Wait 8 hours between doses. Contact doctor if experience any changes in mood or behavior.	Takes 7-10 days to feel medication effects.	Few interactions with other medications. Can assist with depressive symptoms after quitting. Can be used with NRT. Deferred weigh gain. May be covered by insurance.	Not effective with all users. Cannot be used if seizure disorder, serious head injury, eating disorders, uncontrolled angina, MI within last two weeks, or high blood pressure. Prescription only.
Varenicline/ Chantix Rx only	Start with 0.5 mg daily for 3 days, then 0.5 mg twice daily for 4 days, then 1.0mg twice daily	Start 7-10 days before quit date.*** Take with full meal and glass of water. Wait 8 hours between doses. Contact doctor if experience any changes in mood or behavior.	Takes 7-10 days to feel medication effects.	Reduced craving for tobacco. May be covered by your insurance.	Cannot use with nicotine replacement therapy. May cause nausea, sleep disturbances, and negative mood changes. Prescription only.

* Do not smoke while you are using any nicotine replacement therapy products.

** Consult TTS if overnight use is needed.

*** After quit date, do not continue to smoke while using product.

OTC = Over the counter

Rx = Prescription