

Nicotine Replacement Therapy (NRT)

Patient choice reasons

- Available over-the-counter
- Concerns about side effects of bupropion or varenicline
- Can be used in pregnancy



Bupropion (Zyban®)

Patient choice reasons

- Oral non-nicotine preparation
- Relapse in past using NRT
- Evidence of benefit in chronic disease and depression



Varenicline (Champix®)

Patient choice reasons

- Most effective aid on current evidence
- Lack of serious adverse effects and drug interactions



Check clinical suitability "Do you have any of the following conditions?"

1. Unstable heart problems currently under investigation.
2. Liver or kidney problems.
3. Uncontrolled high blood pressure.
4. Uncontrolled thyroid problems.

1. Unstable heart problems currently under investigation.
2. Liver or kidney problems.
3. Epilepsy or history of fits.
4. Past history of head injury or brain tumour (may predispose to fits)
5. Alcohol abuse (may predispose to fits).
6. Depression, requiring treatment or history of bipolar disorder (manic depression).
7. Past history of or current eating disorder (bulimia or anorexia).
8. Pregnant or breastfeeding.
9. Have you ever had a bad reaction to Zyban®?

1. Unstable heart problems currently under investigation.
2. Liver or kidney problems
3. Epilepsy or history of fits.
4. A history of or current mental health condition / psychiatric illness that required treatment? E.g. depression or anxiety.
5. Does the patient drive for a living? (Champix® may affect a person's ability to drive or operate machinery).
6. Pregnant or breastfeeding.
7. Have you ever had a bad reaction to Champix®?

No to all of above



Suitable for NRT

No to all of above



Suitable for bupropion

No to all of above



Suitable for varenicline