

# Quick Reference Guide

For comprehensive uses, dosage, contraindications and adverse effects, refer to individual product inserts and to the Physician's Desk Reference (PDR).

Product	Best For	Precautions	Adverse Effects	Dosage	Tapering Schedule	Patient Education
<b>Nicotine Patch</b> <sup>a, b</sup> 21mg, 14mg, 7mg	For patients who smoke more than 10 cigarettes a day  As an adjunctive medication in combination therapy treatment (with short acting NRTs)	Allergy to adhesive possible  Serious arrhythmias or severe worsening angina  Caution within 6 weeks of myocardial infarction  Discontinue if tachycardia or palpitations occur	Skin irritation or discoloration	<b>≥ 10 cig/24hr:</b> 21mg/24hr for 6 weeks  <b>&lt;10cigs/24hr or &lt;100lbs:</b> 14mg/24hr for 6 weeks	≥ 10 cig/24hr: 14mg/24hr for 2 weeks followed by 7mg/24hr for 2 weeks, then stop  <10cigs/24hr: 7mg/24hr for 2 weeks then stop	Apply daily to dry, hairless skin  Focal rash common; rotate site daily  Do not smoke while using these products
<b>Nicotine Lozenge</b> <b>Commit®</b> 4mg, 2mg	For patients who smoke less than one pack per day acceptable as solo therapy  As an adjunctive medication in combination therapy treatment (with Nicotine Patch)	Patients with dry mouth or sicca syndrome may not be able to produce enough saliva to dissolve lozenge  Serious arrhythmias or severe worsening angina  Caution within 6 weeks of myocardial infarction  Discontinue if tachycardia or palpitations occur	Mild sense of buccal mucosal irritation from nicotine absorption  Hiccups and cough can occur from incorrect use of the lozenge If chewed or swallowed, indigestion and heartburn can occur	Use 4mg ≥ 10 cig/24hr Use 2mg < 10 cig/24hr  Each 4mg lozenge = 2mg absorbed = 2 cigs Each 2mg lozenge = 1mg absorbed = 1 cig 20 cigs = 10 4mg lozenges = 20 2mg lozenges  Take evenly spaced throughout the day to replace need for nicotine  Take additional as needed	Tapering may occur naturally as need for nicotine decreases.  Alternatively, decrease by one lozenge per day every few days.	DO NOT BITE, CHEW OR SWALLOW  Allow to dissolve in mouth slowly while moving lozenge from side to side  Each lozenge takes 20-30 minutes to dissolve  Do not eat or drink 15 minutes before or while using this product  Do not smoke while using this product
<b>Nicotine Nasal Spray</b> <b>Nicotrol NS®</b>	For patient who needs fast relief or an easy to adjust dose  As an adjunctive medication in combination therapy treatment (with Nicotine Patch)	Not recommended in patients with chronic nasal inflammation and obstruction  Severe reactive airway disease  Serious arrhythmias or severe worsening angina  Caution within 6 weeks of myocardial infarction  Discontinue if tachycardia or palpitations occur	Nasal irritation Sneezing Cough Tearful eyes	20 doses = 1ppd 1 dose = 1 spray in each nostril = 1 mg of nicotine absorbed  Starting dose is 1 or 2 doses per hour, which may be increased up to 40 doses/day	Initial therapy is 3 months, before tapering for 3-6 months. Skip doses to taper.	Instruct patient to tilt head back and spray  Troubling adverse effect of nasal irritation decreases with use  Do not smoke while using these products

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<b>Varenicline</b>  <b>Chantix®</b>	Patients with high rates of relapse	Women breastfeeding should avoid use  Persons with severe renal impairment require a dosage adjustment  Can exacerbate prior or current psychiatric illness Serious arrhythmias or severe worsening angina  Caution within 6 weeks of myocardial infarction  Discontinue if tachycardia or palpitations occur	Nausea Insomnia Abnormal dreams Depressed mood Agitation Seizures	Start 1 week before quit date 0.5mg/24hr for the first 3 days then 0.5mg/BID for next 4 days (one in the morning, and one in the evening)  After first 7 days 1mg/BID (one in the morning, and one in the evening)  Patients should be treated for 12 weeks	An additional 12 week course is recommended for successful patients to increase the likelihood of long-term abstinence  Unsuccessful patients or those who relapse should be encouraged to make another attempt once factors contributing to the failure have been addressed	Take after eating and with 8 oz. water (full glass)  Take missed dose as soon as remembered; if close to next dose time, skip missed dose and take next dose at regular time  Nausea is usually transient and most patients will not need to discontinue use; if nausea persists, dose reduction is recommended  Patients should report changes in mood and behavior

Notes:

- Patches are available under various brand names such as Nicoderm® CQ® and Habitrol®, and under generic formulations.
- Nicotrol® is available in 15mg, 10mg, and 5mg doses, and is worn for 16 hour time periods (daytime hours only).

## How to write a prescription

**Line 1:** Name & strength of prescribed drug

**Line 2:** Disp: Quantity & type (tablet, lozenge, spray, patch) of the prescribed drug dispensed

**Line 3:** Sig: Directions for use (include quantity per day & time period for use)

*Adapted from: Columbia University Pocket Guide to Tobacco Cessation, The Tobacco Cessation Clinics at Columbia University Medical Center; Smoking Cessation Pharmacotherapy Guidelines, Columbia University Manhattan Tobacco Cessation Program.*