

## **For Participants**

### **Agreement to Receive the Patch or Zyban for Quitting Smoking**

You are currently part of the Partnership for Health research study. It is being done to learn the best ways to bring health information to people to help them stop smoking. Memorial Sloan-Kettering Cancer Center, Dana-Farber Cancer Institute (DFCI), St. Jude Children's Research Hospital, and Princess Margaret Hospital are conducting this study. Study participants who are interested in quitting smoking can receive a free 8- to 10-week supply of the patch (an over-the-counter quit-smoking drug) or a 12-week supply of Zyban (a prescription quit-smoking drug).

**Before you can receive the drugs, you must be made aware of and agree to the following:**

- In order to receive free patches or Zyban, you will need to give us your regular doctor's contact information. We will send a form to your doctor asking him or her to recommend the drugs for you. The form reminds the doctor of the risks and side effects of these drugs. It also tells your regular doctor that he or she will be responsible for monitoring your care while you are on the drugs. If your regular doctor signs the forms, we will mail him or her the supply of the drugs that he or she approves. You will need to go to the doctor's office to pick up the medication.
- If you have any visits with your doctor related to side effects of the drug or other related issues, you would be responsible for any costs incurred.
- These drugs may or may not help you to quit smoking or to stay quit. If you and your doctor decide that you should keep using the quit-smoking medication after your Partnership for Health supply is gone, you will need to buy it yourself.
- If you decide to use the drugs, side effects could include headaches, dizziness, upset stomach, weakness, blurred vision, vivid dreams, mild itching and burning on the skin, diarrhea, insomnia, dry mouth, nausea, and sweating. These side effects are usually temporary. More serious side effects have been noted with Zyban. Individuals with a history of seizure disorder, or with medical issues that make them more likely to have seizures, should not use Zyban. This is why we need your doctor's permission. You will be responsible for any doctor visits that may be needed because of taking the drugs.
- You may also choose to buy the drugs yourself. NRT is available at most pharmacies without a prescription. Zyban requires a prescription. However, Partnership for Health will not reimburse you.

I, \_\_\_\_\_,  
(print your name)

have read and agree to all of the above information. I give the Dana-Farber Cancer Institute permission to send an appropriate supply of quit-smoking medication to my regular doctor, listed below.

**I am requesting: the patch or Zyban** (please circle one)

I currently smoke \_\_\_\_\_ (how many) cigarettes a day.

Signature: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Today's Date: \_\_\_\_\_

**Name of Doctor:** \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

**Mail to:**

Partnership for Health  
Dana-Farber Cancer Institute  
44 Binney Street, SM 252  
Boston, MA 02115