

## Preparing to Quit

Name of Medicine	How to Use it	Potential Side Effects
<b>Varenicline</b> <ul style="list-style-type: none"> <li>■ Chantix™</li> <li>■ Tablet</li> <li>■ Prescription is needed</li> </ul>	Start one week before Quit Date Taken after eating and with a full glass of water Use 12 weeks. If quit use another 12 weeks	Nausea, headache, trouble sleeping, changes in dreams
<b>Bupropion SR</b> <ul style="list-style-type: none"> <li>■ Zyban®, Wellbutrin®</li> <li>■ Tablet</li> <li>■ Prescription is needed</li> </ul>	Start seven to 10 days before Quit Date Usually taken twice a day, if trouble sleeping may be taken once a day Recommended use is 2-6 months	Trouble sleeping, dry mouth
<b>Nicotine Patch</b> <ul style="list-style-type: none"> <li>■ Habitrol®, NicoDerm CQ®</li> <li>■ Patch applied to skin that delivers a constant, steady dose of nicotine</li> <li>■ Available with or without a prescription</li> </ul>	Start use on Quit Date Apply once a day to skin, rotate placement Takes one hour after applied to feel effect of nicotine Patches available in different strengths, use lower strength if smoking 10 or fewer cigarettes a day Available as 16 hour and 24 hour patches Recommended use is 8-10 weeks	Skin irritation at site of patch, rotate placement of patch to lessen irritation Trouble sleeping (use 16 hour patch and remove at bedtime)
<b>Nicotine Lozenges</b> <ul style="list-style-type: none"> <li>■ Commit® Inhaler</li> <li>■ Prescription is needed</li> <li>■ Available as 2mg and 4mg</li> </ul>	Start use on Quit Date Allow the lozenge to dissolve slowly – about 30 minutes Instructions for use – take, tingle and shift Don't eat or drink for 15 minutes before using or while using Don't use more than 5 pieces in 6 hours or more than 20 a day Recommended use for 3 months	Trouble sleeping, nausea, hiccups, heartburn, headache
<b>Nicotine Gum</b> <ul style="list-style-type: none"> <li>■ Nicorette® (Original, Mint and Orange)</li> <li>■ Available as 2mg and 4mg</li> <li>■ Prescription is not needed</li> </ul>	Start use on Quit Date Can use every hour but no more than 24 pieces per day Use on a regular schedule rather than waiting until you have a strong urge Instructions for use – chew slowly until you notice tingling, then park between cheek and gum Wait 15 minutes after drinking beverage before using Recommended use for 3 months or as needed	Mouth soreness, hiccups, jaw pain, heartburn Don't use if you have dentures
<b>Nicotine Inhaler</b> <ul style="list-style-type: none"> <li>■ Nicotrol® Inhaler</li> <li>■ Prescription is needed</li> <li>■ Helps with cravings and and hand-to-mouth habit</li> </ul>	Start use on Quit Date "Puff" on each cartridge for about 20 minutes Use is 6-16 cartridges a day Recommended use up to six months	Cough, runny nose
<b>Nicotine Spray</b> <ul style="list-style-type: none"> <li>■ Nicotrol® Nasal Spray</li> <li>■ Prescription is needed</li> <li>■ Delivers nicotine very quickly and helps with cravings</li> </ul>	Start use on Quit Date A dose is 1 spray per each nostril, do not inhale At first, use 1-2 doses per hour; use is 8-40 doses a day Recommended use is 3-6 months	Nasal irritation (lessens with use) Runny nose, throat irritation sneezing and cough Don't use with severe asthma, sinusitis, nasal polyps