

Tobacco Treatment Chart



Help your patients quit smoking by following the 5 A's:

1. **ASK.** "Do you smoke?" Record in every patient record at every visit.
2. **ADVISE.** "I strongly advise you to quit smoking for your health and the health of your friends and family."
3. **ASSESS.** "Are you ready to quit within the next 30 days?"
4. **ASSIST:**
 - Brief counseling.
 - Prescribe medications or recommend OTC.
 - Refer to 1-800-QUIT-NOW or a local tobacco-cessation program.
5. **ARRANGE.** Advise the patient to set a follow-up appointment with his/her PCP.

MEDICATIONS CHART*

Medication	Cautions	Side Effects	Dosage	Use	Availability	
Bupropion SR 150	Not for use if you: <ul style="list-style-type: none"> • Currently use a monoamine oxidase (MAO) inhibitor • Use bupropion in any other form • Have a history of seizures • Have a history of eating disorders 	<ul style="list-style-type: none"> • Insomnia • Dry mouth 	<ul style="list-style-type: none"> • Days 1-3: 150 mg each morning • Day 4-end: 150 mg twice daily 	Start 1-2 weeks before your quit date; use 2 to 6 months	Prescription Only: <ul style="list-style-type: none"> • Generic • Zyban: • Wellbutrin SR 	
Nicotine Gum (2 mg or 4 mg)	<ul style="list-style-type: none"> • Caution with dentures • Don't eat or drink 15 minutes before or during use 	<ul style="list-style-type: none"> • Mouth soreness • Stomach ache 	<ul style="list-style-type: none"> • 1 piece every 1 to 2 hours • 6-15 pieces per day • 2 mg: If smoking 24 cigarettes or less per day • 4 mg: If smoking 25+ cigs 	Up to 12 weeks or as needed	OTC Only: <ul style="list-style-type: none"> • Generic • Nicorette 	
Nicotine Inhaler	<ul style="list-style-type: none"> • May irritate mouth/throat at first (but improves with use) • Don't eat or drink 15 minutes before or during use 	<ul style="list-style-type: none"> • Local irritation of mouth and throat 	<ul style="list-style-type: none"> • 6-16 cartridges/day • Inhale 80 times/cartridge • May save partially-used cartridge for next day 	Up to 6 months; taper at end	Prescription Only: Nicotrol inhaler	
Nicotine Lozenge (2 mg or 4 mg)	<ul style="list-style-type: none"> • Do not eat or drink 15 minutes before or during use • One lozenge at a time • Limit 20 in 24 hours 	<ul style="list-style-type: none"> • Hiccups • Cough • Heartburn 	<ul style="list-style-type: none"> • 2 mg: If you don't smoke for 30 minutes or more after waking • 4 mg: If you smoke within 30 minutes of waking • Wks 1-6: 1 every 1-2 hrs • Wks 7-9: 1 every 2-4 hrs • Wks 10-12: 1 every 4-8 hrs 	3-6 months	OTC Only: <ul style="list-style-type: none"> • Generic • Commit 	
Nicotine Nasal Spray	<ul style="list-style-type: none"> • Not for patients with asthma • May irritate nose (improves over time) • May cause dependence 	<ul style="list-style-type: none"> • Nasal irritation 	<ul style="list-style-type: none"> • 1 "dose" = 1 squirt per nostril • 1 to 2 doses per hour • 8 to 40 doses per day • Do NOT inhale 	3-6 months; taper at end	Prescription Only: Nicotrol NS	
Nicotine Patch	Do not use if you have severe eczema or psoriasis	<ul style="list-style-type: none"> • Local skin reaction • Insomnia 	<ul style="list-style-type: none"> • One patch per day • If > 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks 	8-12 weeks	OTC: <ul style="list-style-type: none"> • Generic • Nicoderm CQ • Nicotrol Prescription: <ul style="list-style-type: none"> • Generic 	
Varenicline	Use with caution in patients: <ul style="list-style-type: none"> • With significant renal impairment • With serious psychiatric illness • Undergoing dialysis FDA Warning: Varenicline patients have reported depressed mood, agitation, changes in behavior, suicidal ideation and suicide.	<ul style="list-style-type: none"> • Nausea • Insomnia • Abnormal, vivid or strange dreams 	<ul style="list-style-type: none"> • Days 1-3: 0.5 mg every morning • Days 4-7: 0.5 mg twice daily • Day 8-end: 1 mg twice daily 	Start 1 week before quit date; use 3-6 months	Prescription only: Chantix	
Combinations	<ol style="list-style-type: none"> 1. Patch+bupropion 2. Patch+gum 3. Patch+lozenge OR inhaler 	<ul style="list-style-type: none"> • Only patch + bupropion is currently FDA-approved • Follow instructions for individual medications 	<ul style="list-style-type: none"> • See individual medications above 	<ul style="list-style-type: none"> • See individual medications above 	See above	See above

See FDA package inserts for more information

* Based on the 2008 Clinical Practice Guideline: *Treating Tobacco Use and Dependence*, U.S. Public Health Service, June 2008