

Tobacco Treatment Medication Dosing Chart

Product	Nicotine Patch	Nicotine Gum	Nicotine Lozenges	Nicotine Nasal Spray	Nicotine Inhaler	Bupropion SR	Varenicline
Brand Name <i>Generic Available</i>	Nicoderm CQ [®] Habitrol	Nicorette [®]	Nicorette [®]	Nicotrol NS [®]	Nicotrol [®] Inhaler	Zyban [®]	Chantix [®]
Product/Strength	Yes 21 mg, 14 mg, 7 mg	Yes 2 mg, 4 mg	Yes 2 mg, 4 mg	No 10 mg/mL - 200 applications	No 10 mg/cartridge	Yes 150 mg SR	No 0.5 mg, 1 mg
Standard Dosing	1 patch / 24 hours	Use one piece every 1-2 hours	Use one lozenge every 1-2 hours	1 spray each nostril/hour	6-16 cartridges/day	150 mg daily for 7 days & then twice daily	Begin 1 week before quit date
*Adjustments in dose and/or duration may be needed for optimal benefit and/or reducing risk of side effects	*11+ cigarettes per day, use 21 mg for 6 wks, 14 mg for 2 wks, 7 mg for 2 wks	If first cigarette within 30 min of waking—start with 4 mg	If first cigarette within 30 min of waking—start with 4 mg	Do not exceed 5 doses per hour or 40 doses/day	Use for 6 months & taper over last 3 months	Start 7 days before target quit date	Starter Pack includes dose titration from 0.5 mg to 1 mg twice daily
Common Side Effects	Mild skin reactions: rotate site, apply 1% cortisone cream Sleep disturbances (vivid dreams, insomnia not from withdrawal); may remove at night	Mouth soreness, hiccup, jaw ache, indigestion	Nausea, hiccups, heartburn, headache, coughing	Nose, throat or eye irritation; runny nose. Higher dependence potential compared to other NRT	Mouth or throat irritation, cough, taste change	Insomnia, dry mouth, gastrointestinal symptoms	Nausea, vomiting, gas, constipation, appetite change, headache, sleep disturbance, unusual dreams, drowsiness
Less common, Rare, or Serious Side Effects may include, but not limited to	rapid heart rate, chest pain, dizziness, stomachache, diarrhea, nausea, vomiting, drooling, cold sweat, weakness, headache, confusion, shakiness, seizure						Behavioral: include suicidality, agitation, violence, depressed mood, confusion, hallucinations, impulsivity Cardiovascular: possible serious events like MI
Brief Instructions	Apply 1 patch to healthy, clean, dry, hairless skin-like upper arm, upper back, shoulder, lower back, or hip. Replace daily after waking. Rotate skin sites. Wash hands after handling. Avoid moisturizers under patch.	Chew gum until a peppery taste and slight tingle occurs, and park between cheek and gum. Repeat when taste fades, then park in another area of mouth. Avoid eating and drinking for 15 minutes before and after use.	Allow lozenge to dissolve slowly without chewing or swallowing. Occasionally move lozenge from the one side of mouth to the other. Avoid eating and drinking for 15 minutes before and after use.	Blow nose if not clear and tilt head back. Insert bottle tip as far as comfortable, angling toward wall of nostril. Do not sniff while spraying. Wait 2-3 minutes before blowing nose.	Inhale using short breaths or puffs to get vapor in mouth and throat but not lungs. Protect cartridges from excessive heat and light. Less effective if temperatures < 60 °F	Take with food	Swallow with water. Avoid taking at bedtime. Do not make up a missed dose by doubling up the next dose. Avoid using NRT with Chantix. May need dose reduction: renal disease, elderly, weight less than 100 lbs.
Relative Contraindications—partial list	Severe eczema or other skin disorder. Adhesive allergy.	Dental Disease, TMJ disease, dentures or other dental appliances, toothless.	Oral thrush, oral lesions.	Rhinitis, nasal polyps, sinusitis, asthma or other severe reactive airway disease.	Asthma or other severe reactive airway disease. COPD, allergy to menthol.	Seizure history or risk for seizures (e.g. bulimia, head injury, alcohol detox); some mental health conditions; uncontrolled hypertension	Suicidal, some serious mental health conditions (may be difficult to determine illness from adverse medication effect), recent cardiac event
Special Populations	Unstable cardiovascular disease and some acute post-op conditions—consult with a physician.						
Allergic Reactions	Must consider risks/benefits/alternatives to medication. <i>Pregnant/fetalizing women:</i> limited safety testing; no meds FDA approved for tobacco treatment. <i>Youth:</i> no evidence for efficacy; probably safe; no FDA approved medication. <i>Cardiovascular disease:</i> NRT considered safe for most, but caution if recent MI or stroke; arrhythmia, unstable angina; 2011 CVD warnings with varenicline; bupropion may increase BP; consult with physician. <i>Psychiatric disorder:</i> all are generally safe, but potential for psychiatric destabilization with nicotine withdrawal, changes in psych med metabolism; and/or some of these medications, consider psychiatric consultation.						
Res/Duration	Possibly for any of these medications. Symptoms include: difficulty breathing or swallowing, swelling of face, mouth, tongue, lips; hives; blistering rash. Immediate medical assistance recommended. Treatment is recommended for 3 months for most medications, but longer is appropriate for many people. Consultation with a health care provider is recommended for longer duration.						