

Smoking Cessation Drug Therapy

Abbreviations: MAOI=monoamine oxidase inhibitors; MI=myocardial infarction;

Drug	Mechanism of Action ¹⁻⁴	Cautions ¹⁻³	Adverse Effects ¹⁻³	Dosage ¹⁻³	Duration ¹⁻³	Approximate Cost/Day ⁵
First-Line Agents						
Nicotine gum (<i>Nicorette</i> , etc)	Nicotine replacement	- Recent MI (within 2 weeks) - Serious arrhythmias - Serious or worsening angina pectoris - Pregnancy Category D	- Dyspepsia - Mouth soreness - Hiccups	<25 cigs/day use 2 mg gum ≥25 cigs/day use 4 mg gum 1 gum q1-2 hrs x 6 wks, then 1 gum q2-4 hrs x 3 wks, then 1 gum q4-8 hrs x 3 weeks - max 24 pieces/day	Up to 12 weeks	2 mg: \$2.59- \$3.60 for 10 pieces 4 mg: \$4.00 for 10 pieces
Nicotine inhaler (<i>Nicotrol Inhaler</i>)	Nicotine replacement	- Same as nicotine gum - Pregnancy Category D	- Local irritation of mouth and throat - Coughing - Rhinitis	6 to 16 cartridges daily - Taper frequency of use over the last 6-12 weeks	Up to 6 months	\$8.15 for 10 cartridges
Nicotine nasal spray (<i>Nicotrol NS</i>)	Nicotine replacement	- Same as nicotine gum - Avoid in severe reactive airway disease - Pregnancy Category D	Nasal irritation	8 to 40 doses/day	3 to 6 months	\$4.07 for 12 doses

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First-Line Agents Con't						
Nicotine patch (<i>Nicoderm CQ</i> , <i>Habitrol</i>)	Nicotine replacement	• Same as nicotine gum • Pregnancy Category C	• Local skin reaction • Insomnia	• 21 mg/24 hr • 14 mg/24 hr • 7 mg/24 hr	• Apply upon waking on quit date If >10 cigarettes/dy: • 21 mg/24 hr x 4 (6*) weeks, then 14 mg/24hr x 2 weeks, then 7 mg/24hr x 2 weeks^{18,19} If ≤10 cigarettes/dy: • 14 mg/24 hr x 6 weeks, then 7 mg/24 hr x 2 weeks^{18,19} (<i>NicodermCQ*</i>)	• \$1.99-\$3.35 per patch
Nicotine lozenge ⁶ (<i>Commit</i>) *Note: nicotine lozenges are not yet an official part of the smoking cessation guidelines. However, they appear to work about as well as other first line agents.	Nicotine replacement	• Same as nicotine gum • Pregnancy Category D	• Nausea • Sore throat	• 1st cigarette smoked 30 min. after waking up: 2 mg lozenge • 1st cigarette smoked within 30 min. of waking up: 4 mg lozenge • Do not exceed 20 lozenges per day	• 1 lozenge every 1 to 2 hrs for 6 wks, then 1 lozenge every 2 to 4 hrs for 3 wks, then 1 lozenge every 4 to 8 hrs for 3 wks	• 2mg: \$5.69 for 10 lozenges • 4mg: \$5.69 for 10 lozenges

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First-Line Agents Con't						
Sustained-release bupropion (<i>Zyban</i>)	Blocks neural re-uptake of dopamine and/or norepinephrine	- History of seizure - Eating disorder - Use of MAOI within the previous 14 days - Bipolar disorder - Pregnancy Category B	- Insomnia - Dry mouth	150 mg QAM for 3 days, then 150 mg BID - Start 1-2 weeks before quit date	7 to 12 weeks - Up to 6 months for maintenance	\$5.13
Varenicline (<i>Chantix</i>) *Note: <i>Chantix</i> is not yet an official part of the smoking cessation guidelines. However, <i>Chantix</i> appears to work at least as well as <i>Zyban</i>	Blocks nicotine binding to alpha-4-beta-2 nicotinic acetylcholine receptors at the same time partially stimulates the nicotinic receptor to reduce cravings and withdrawal symptoms	- Take with full glass of water to decrease nausea - Pregnancy Category C	- Nausea - Sleep disturbance - Headaches	- Days 1-3: 0.5 mg daily - Days 4-7: 0.5 mg BID - Days 8-end of treatment: 1 mg BID - Use lower dosage if not able to tolerate nausea and vomiting	- One week before set quit date for 12 weeks total. - Additional 12 weeks if failed to quit after the first 12 weeks.	\$3.82
Second-Line Agents						
Nortriptyline (<i>Pamelor</i> , etc)	Blocks reuptake of norepinephrine with a lesser effect on serotonin	Risk of arrhythmias	- Sedation - Dry mouth	75-100 mg daily	12 weeks	\$0.43 for 75 mg
Clonidine (<i>Catapres</i> , <i>Catapres-TTS</i>)	Stimulates alpha-2-adrenoceptors in the brainstem and reduces sympathetic outflow	Rebound hypertension	- Dry mouth - Drowsiness - Dizziness - Sedation - Constipation	- PO-0.15-0.75 mg daily - Patch-0.10-0.20 mg daily	3 to 10 weeks	- Oral-\$1.50 for 0.2 mg - Patch-\$4.80 for 0.2 mg