

Nicotine Replacement and Other Pharmacotherapy: Quick Reference Guide for Prescribing
Must individualize nicotine replacement for those smoking <10 cigarettes/day (CPD)

Pharmacotherapy	Precautions/ Contraindications	Side Effects	Dosage	Duration	Availability
First-line Pharmacotherapies – approved for use for smoking cessation by FDA					
Zyban (Wellbutrin, Bupropion SR) Can be used with NRT (FDA Class B)	<ul style="list-style-type: none"> Hx of seizure Hx of eating disorder AOD Withdrawal MAO Inhibitor within 2 wks 	<ul style="list-style-type: none"> Insomnia (Take dose at 8 AM and 4PM) Dry mouth 	150 mg qam x 3 days, then 150 mg BID Start 1 week before quit day	7-12 weeks maintenance up to 6 months	Prescription only 12 weeks covered by MediCal with scrip and group certificate
Nicotine Patch <i>** (has an increase in efficacy when combined with Zyban)</i> place on hairless part of body between neck and waist – rotate (FDA Class C)	<ul style="list-style-type: none"> Pregnant or lactating* 2 wks post myocardial infarction/serious arrhythmias/serious or worsening angina NASAL INHALER ONLY: Hx of severe reactive airway disease 	<ul style="list-style-type: none"> Local skin reaction (treat with Hydrocortisone cream) Insomnia (Remove patch at night) 	Nicoderm CQ 21 mg/24 hours 14 mg/24 hours 7 mg/24 hours	4 weeks then 2 weeks then 2 weeks	Nicoderm CQ (OTC) Generic patches (OTC and scrip)
			Nicotrol 15 mg/16 hours Use lower dose if smoking \leq 10 cigs/d	8 weeks	Nicotrol (Prescription only) 6 weeks covered by MediCal with scrip and group certificate
Nicotine Gum (Nicorette/Nic Mint) chew at least 10 pieces, chew until tingly park-repeat x 30min/ water only x 10-15min (FDA Class D)		<ul style="list-style-type: none"> Mouth soreness Dyspepsia 	1-24 cigs/day: 2 mg gum (up to 24 pcs/day) 25+cigs/day: 4 mg gum (up to 24 pcs/day)	Up to 12 weeks	OTC (MediCal requires TAR with tapering schedule)
Nicotine Inhaler (Nicotrol Inhaler) (FDA Class D)		<ul style="list-style-type: none"> Local irritation of mouth and throat/cough/ rhinitis 	6-16 cartridges/day	Up to 6 months	Prescription only
Nicotine Nasal Spray (Nicotrol NS) (FDA Class D)		<ul style="list-style-type: none"> Nasal Irritation 	8-40 doses/day	3-6 months	Prescription only
Second-line Pharmacotherapies - not approved for use for smoking cessation by the FDA					
Clonidine (Oral Clonidine generic, Catapres and Transdermal catapres (FDA Class C)	<ul style="list-style-type: none"> Rebound hypertension 	<ul style="list-style-type: none"> Dry mouth Drowsiness Dizziness Sedation 	0.15-0.75 mg/day 0.10-0.20 mg/day transdermal	3-10 weeks	Prescription only
Nortriptyline (Nortriptyline HCl-generic)	<ul style="list-style-type: none"> Risk of Arrhythmias 	<ul style="list-style-type: none"> Sedation Dry mouth 	75-100 mg/day	12 weeks	Prescription only

Source: adapted from the U.S. DHHS *Treating Tobacco Use and Dependence* reference guide for clinicians. ISSN-1530-6402 – Available by calling 1-800-CDC-1311

***Urge to quit on own; use pharmacotherapy if increased likelihood of smoking abstinence outweighs the risk of pharmacotherapy and potential concomitant smoking.**

****Patients should be encouraged to combine patch with other NRT or Zyban if unable to quit with patch alone.**