

Smoking Cessation Pharmacotherapy Guidelines



Products	Dosage	Duration	Precautions	Adverse Effects	Patient Education
Rx					
Nicotine Inhaler Nicotrol Inhaler®	6-16 cartridges/d (delivers 4mg/cartridge = 2cigs)	Up to 6 months, taper after 4-6 weeks by skipping doses	<ul style="list-style-type: none"> Reactive airway disease 	<ul style="list-style-type: none"> Mouth and throat irritation Cough 	<ul style="list-style-type: none"> Instruct patient to take 80-100 puffs per cartridge over 20 minutes Absorption in the buccal mucosa Avoid food and acidic drinks before and during use Gentle puffing recommended
Nicotine Nasal Spray Nicotrol NS®	1-2 doses/hr Max 40 doses per/d (1 dose equals 1 spray each nostril, 40 doses replaces 1ppd)	Up to 12 weeks, taper after 4-6 weeks by skipping doses	<ul style="list-style-type: none"> Reactive airway disease Chronic nasal disease (nasal polyps, sinusitis) 	<ul style="list-style-type: none"> Nasal irritation Sneezing Cough Teary eyes 	<ul style="list-style-type: none"> Instruct patient to tilt head back and spray Tolerance to local adverse effects develops 1st week after use
Sustained release bupropion Zyban® or Wellbutrin® Can be used w/NRT	Start 1-2 weeks before quit date. Option 1: 150 mg/d for 3 days then 150 mg twice a day (doses must be at least 8 hrs apart) Option 2: 150 mg q AM (Fewer adverse effects)	Up to 12 weeks, but can be maintained up to 6 months No tapering needed	CONTRAINDICATIONS: <ul style="list-style-type: none"> Seizure disorder Current use of Wellbutrin or MAO inhibitor Eating disorder (bulimia/ anorexia) Alcohol dependence Head trauma MONITOR BP	<ul style="list-style-type: none"> Insomnia Dry mouth Anxiety 	<ul style="list-style-type: none"> Take 2nd pill early evening to reduce insomnia Never double dose if miss a pill

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Products	Dosage	Duration	Precautions	Adverse Effects	Patient Education
OTC (Patients covered by Medicaid require a prescription to receive free OTC medications)*					
Nicotine Patch (generic) Nicoderm CQ® Habitrol 21mg, 14mg, 7mg	Step 1. 21mg/24hr Step 2. 14mg/24hr Step 3. 7mg/24hr If smoke <10cigs/d or <100 lbs begin with Step 2	Up to 12 weeks	<ul style="list-style-type: none"> • Uncontrolled Hypertension • Caution within 6 weeks of MI 	<ul style="list-style-type: none"> • Focal rash common • Insomnia 	<ul style="list-style-type: none"> • Apply each day to clean, dry, hairless skin • Rotate site daily
Nicotine Gum (generic) Nicorette® 2mg, 4mg	<ul style="list-style-type: none"> • 2mg < 25 cigarettes/d • 4mg ≥ 25 cigarettes/d Start 1-2 pieces/hr; 24 pieces/d max Fixed schedule more effective than PRN.	Up to 12 weeks	<ul style="list-style-type: none"> • Poor dentition • Can damage dental work 	<ul style="list-style-type: none"> • Nausea • Hiccups • Dyspepsia • Mouth irritation 	<ul style="list-style-type: none"> • DO NOT CHEW LIKE ORDINARY GUM • Alternate chewing and “parking” between cheek and gum for 30 minutes • Nicotine absorbed in the buccal mucosa • Avoid food and acidic drinks before and during use
Nicotine Lozenge Commit® 2mg, 4mg	<ul style="list-style-type: none"> • 2mg if smoke 1st cigarette <u>more than 30 minutes</u> after waking. • 4mg if smoke <u>within 30 minutes</u> of waking. 9-20/d for 6 weeks then taper gradually	Up to 12 weeks		<ul style="list-style-type: none"> • Hiccups • Heartburn • Nausea • Local irritation mouth and throat • Coughing 	<ul style="list-style-type: none"> • DO NOT CHEW • Dissolve in mouth slowly • Avoid food and acidic drinks before and during use • Each lozenge takes 20-30 minutes to dissolve

***NY State Medicaid covers both OTC and Rx smoking cessation medications except the nicotine lozenge. Patients are allowed a course of therapy twice a year. A course of therapy is defined as a 90 day supply (an original order and 2 refills). Medicaid will cover combination therapy (i.e. patch and gum) during each course of treatment.**

Medicare now covers cessation counseling for eligible patients.