

Cessation Medications

Supporting patients in quitting tobacco

All people trying to quit tobacco should be offered cessation medication, except when contraindicated or for specific populations (i.e., pregnant women, smokeless tobacco users, light smokers or adolescents).

Consider medications such as varenicline or combination pharmacotherapy, which are more effective than nicotine patch therapy alone.

- Nicotine patch daily + nicotine gum, lozenge, inhaler or nasal spray as needed
- Nicotine patch + bupropion SR

RECOMMENDATION FOR MEDICATION DOSING (Starting dose)

Nicotine Patch	> 10 cigarettes per day: 21 mg ≤ 10 cigarettes per day: 14 mg
Nicotine Gum or Lozenge	Smoke within 30 minutes of waking: 4mg Smoke after 30 minutes of waking: 2mg
Nicotine Inhaler or Nasal Spray	Use as directed
Bupropion	Days 1 – 3: 150mg daily Day 4 to end of treatment: 150 mg twice daily At least 8 hours between doses Initiate one week before quit date
Varenicline	Days 1 – 3: 0.5mg daily Days 4 – 7: 0.5mg twice daily Day 8 to end of treatment: 1 mg twice daily Initiate one to four weeks before quit date

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ASK, ADVISE & CONNECT: SUPPORTING PATIENTS IN QUITTING TOBACCO

Helping people quit commercial tobacco takes less than 3 minutes.

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