

## Summary Table for Smoking Cessation Pharmacotherapy - 2004

\*\*Those who have had significant withdrawal symptoms and been unable to quit with a single therapy may be considered for combination therapy.

	Zyban/Bupropion SR 150mg	Patch	Gum	Inhaler	Nasal Spray
<b>Treatment Period</b>	<ul style="list-style-type: none"> <li>• 7-12 weeks</li> <li>• Take for 1-2 weeks <i>before</i> quitting smoking</li> <li>• May use for maintenance for up to 6 months</li> </ul>	<ul style="list-style-type: none"> <li>• 6-8 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Up to 12 weeks</li> <li>• May use for longer time as needed</li> </ul>	<ul style="list-style-type: none"> <li>• 3-6 months</li> <li>• Taper use over last few weeks</li> </ul>	<ul style="list-style-type: none"> <li>• 3-6 months</li> <li>• Taper use over last few weeks</li> </ul>
<b>Dosage</b>	<ul style="list-style-type: none"> <li>• Days 1-3: 150 mg tablet each am</li> <li>• Days 4-end: 150 mg tablet am and pm</li> </ul>	<ul style="list-style-type: none"> <li>• One patch each day</li> <li>• Taper dose if using 21 mg: 21 mg for 4 weeks 14 mg for 2 weeks 7 mg for 2 weeks</li> <li>• No taper if using 15 mg: 15 mg for 8 weeks</li> <li>• Light smokers (less than 10 cigarettes/day) can start with lower dose</li> </ul>	<ul style="list-style-type: none"> <li>• 2 mg</li> <li>• 4mg (heavy smokers)</li> <li>• Chew one piece every 1-2 hours (10-15 pieces/day)</li> <li>• Many people don't use enough gum –chew gum whenever you need!</li> </ul>	<ul style="list-style-type: none"> <li>• 6-16 cartridges each day</li> <li>• Need to inhale about 80 times to use up cartridge</li> <li>• Can use part of cartridge and save the rest for later that day</li> </ul>	<ul style="list-style-type: none"> <li>• One dose equals one squirt to each nostril</li> <li>• Dose 1-2 times each hour as needed</li> <li>• Minimum = 8 doses/day</li> <li>• Maximum = 40 doses/day</li> </ul>
<b>Pros</b>	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Reduces urges to smoke</li> </ul>	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Steady dose of nicotine</li> </ul>	<ul style="list-style-type: none"> <li>• Can control your own dose</li> <li>• Helps with predictable urges (e.g., after meals)</li> <li>• Keeps mouth busy</li> </ul>	<ul style="list-style-type: none"> <li>• Can control your own dose</li> <li>• Helps with predicable urges</li> <li>• Keeps hands and mouth busy</li> </ul>	<ul style="list-style-type: none"> <li>• Can control your own dose</li> <li>• Fastest acting for relief of urges</li> </ul>
<b>Cons</b>	<ul style="list-style-type: none"> <li>• May disturb sleep</li> <li>• May cause dry mouth</li> </ul>	<ul style="list-style-type: none"> <li>• May irritate skin</li> <li>• May disturb sleep</li> <li>• Can't adjust amount of nicotine in response to urges</li> </ul>	<ul style="list-style-type: none"> <li>• Need to chew correctly – “chew and park”</li> <li>• May stick to dentures</li> <li>• Should not drink acidic beverages while chewing gum</li> </ul>	<ul style="list-style-type: none"> <li>• May irritate mouth and throat (improves with use)</li> <li>• Does not work well below 40 degrees</li> <li>• Should not drink acidic beverages while using inhaler</li> </ul>	<ul style="list-style-type: none"> <li>• Need to use correctly (DO NOT inhale it!)</li> <li>• May irritate nose (improves with use)</li> <li>• May cause dependence</li> </ul>
<b>Caution</b>	<ul style="list-style-type: none"> <li>• Do not use if you have a seizure disorder, an eating disorder, or are already taking a monoamine oxidase inhibitor</li> </ul>	<ul style="list-style-type: none"> <li>• Do no use if you have severe uncontrolled eczema or psoriasis</li> </ul>	<ul style="list-style-type: none"> <li>• Caution with dentures</li> </ul>		<ul style="list-style-type: none"> <li>• Do not use if you have severe reactive airway disease (asthma)</li> </ul>
<b>Availability</b>	Prescription only (Available as Generic: Bupropion SR 150mg)	Over the counter -OR- Prescription (Legend)	Over the counter (regular/mint/orange flavors)	Prescription only	Prescription only
<b>Cost for average use (based on Aug. 2003 chain pharmacy)</b>	\$139.00 (60) (\$4.60 per day) -OR GENERIC- \$90.00 (60) (\$3.00 per day)	Brand name: \$50.00 (14) (\$3.60 per day) Store brand: \$37.00 (14) (\$2.65 per day)	Brand name: 2 mg - \$30.00 (48) 4 mg - \$32.00 (48) Store Brand: 2 mg - \$23.00 (48) 4 mg - \$25.00 (48)	\$47.00 (42)	\$48.00 (20 doses)

**Summary Table for Nicotine Lozenge – Commit Lozenge, GlaxoSmithKline Inc.**

Nicotine Lozenge	
<b>Treatment Period</b>	<ul style="list-style-type: none"> <li>• 12 weeks</li> <li>• Stop using lozenges at the end of 12 weeks. If still feel the need to use nicotine lozenges, talk to doctor.</li> </ul>
<b>Dosage</b>	<ul style="list-style-type: none"> <li>• 2mg</li> <li>• 4mg (if smoke less than 30 minutes after waking)</li> <li>• <b>Weeks 1-6:</b> 1 lozenge every 1-2 hours</li> <li>• <b>Weeks 7-9:</b> 1 lozenge every 2-4 hours</li> <li>• <b>Weeks 10-12:</b> 1 lozenge every 4-8 hours</li> <li>• Use lozenges on a regular schedule, using at <b>least</b> 9 lozenges per day during the first 6 weeks.</li> </ul>
<b>Pros</b>	<ul style="list-style-type: none"> <li>• Can control own dose</li> <li>• Helps with predictable urges (ie: after meals)</li> <li>• Keeps mouth busy</li> </ul>
<b>Cons</b>	<ul style="list-style-type: none"> <li>• May cause insomnia (reported in less than 5% of users)</li> <li>• May cause nausea, hiccups, coughing, heartburn, headache and flatulence (The side effects seen in users are generally moderate and transient)</li> </ul>
<b>Caution</b>	<ul style="list-style-type: none"> <li>• Do not eat or drink 15 minutes before using, or while the lozenge is in your mouth</li> <li>• Do not use more than one lozenge at a time or continuously use one lozenge after the other</li> <li>• Do not use more than 5 lozenges in 6 hours, or more than 20 lozenges total per day</li> </ul>
<b>Availability</b>	<ul style="list-style-type: none"> <li>• Over the counter</li> </ul>
<b>Cost for average use (based on Aug. 2003 chain pharmacy)</b>	<ul style="list-style-type: none"> <li>• 2mg \$43.00 (72)</li> <li>• 4mg \$43.00 (72)</li> </ul>