

**NORTHWESTERN MEMORIAL WELLNESS INSTITUTE**

**SMOKING CESSATION PROGRAM**

**PHARMACOTHERAPY TREATMENT OPTIONS AT A GLANCE**

	<b>PATCHES</b>	<b>GUM</b>	<b>LOZENGE</b>	<b>NASAL SPRAY</b>	<b>INHALER</b>	<b>ZYBAN</b>	<b>CHANTIX</b>
<b>TIME PERIOD</b>	At least 8 weeks, preferably 12 weeks	At least 4 weeks, then can use whenever the need	Up to 12 weeks, then can use whenever the need	Up to 8 weeks, then can use whenever the need	Up to 8 weeks, then can use whenever the need	8 – 12 weeks; start taking 1 to 2 weeks prior to quitting	12 weeks or more; start taking 1 week prior to quitting
<b>DOSE</b>	21mg if smoke a pack a day, 14mg if smoke _ a pack a day; 7mg if smoke 4-5 cigarettes a day (can double up on patches or use patch with another system if smoke more than a pack a day)	4mg if smoke a pack a day, 2mg if smoke less than a pack a day – chew 1 piece for every 2 cigarettes smoked	4mg if smoke within 30 minutes of waking, 2mg if smoke more than 30 minutes after waking – can use 1 lozenge every 1 to 2 hours	Dose once or twice an hour (nor more than 48 sprays in 24 hours)	6 to 12 cartridges a day	One 150mg tablet every morning for 3 days, then one 150mg table twice a day at least 8 hours apart on day 4 and thereafter	One 0.5mg tablet for 3 days, then one 0.5mg tablet twice a day for 4 days, then one 1mg tablet twice a day thereafter
<b>PROS</b>	Very easy to use; automatically gives the right dose in 24 hour period; helps with early morning cravings	Easy to regulate dose; can help prevent overeating; can provide extra help at difficult moments	Easy to regulate dose; can help prevent overeating; can provide extra help at difficult moments	Gives fast relief and easy to adjust dose	Helps keep hands and mouth busy, easy to regulate, could help prevent overeating	Good short term research results; easy to use; noticeable reduction in number and severity of urges to smoke	Better than Zyban short and long term research results; easy to use; noticeable reduction in number and severity of urges to smoke
<b>CONS</b>	Can cause vivid dreams at night; not orally gratifying; small possibility of skin reaction	Tricky with dentures; need to use correctly (nothing to drink 20 minutes prior to using and chew slowly)	Need to use correctly (nothing to drink 20 minutes prior to using and let dissolve slowly)	May cause nasal irritation	Feels and looks like a cigarette and yet completely different: Also very conspicuous method	Possible sleep disruption and can cause dry mouth	Possible nausea, vomiting, headache, insomnia