

### Smoking Cessation Medication Comparison Chart

	<b>Chantix (varenicline)</b>	<b>Zyban/Wellbutrin (bupropion)</b>	<b>Nicotine patch</b>	<b>Nicotine gum</b>	<b>Nicotine lozenge (Commit)</b>	<b>Nicotine inhaler</b>	<b>Nicotine nasal spray</b>
Effective in several clinical studies	X	X	X	X	X	X	X
Reduces cravings and withdrawal symptoms	X	X	X	X	X	X	X
Safer than smoking	X	X	X	X	X	X	X
Can be addictive				Rare	Rare	Rare	Possible
Pill form	X	X					
User controls amount of medicine used				X	X	X	X
Requires a doctor's prescription	X	X				X	X
May be covered by health insurance	X	X	X (limited)			X	X
Generic (low-cost) form available		X	X	X			
May reduce weight gain		X	X	X	X	X	X
Can cause sleep problems	X	X	X (worn at night)				
Can cause skin irritation			X				
Not for people with severe kidney problems	X	X					
Not for people with seizures or eating disorders		X					
Not for people with nose or sinus problems							X
Not for people with dental problems				X			
Take with food	X						
Avoid eating/drinking around use (or rinse mouth)				X	X	X	
Effective within minutes to hours			X	X	X	X	X
May take 1-2 weeks to become fully effective	X	X					



UMDNJ-Tobacco Dependence Clinic  
 317 George Street; Suite 210  
 New Brunswick, NJ 08901  
 (732) 235-8222  
[www.tobaccoprogram.org](http://www.tobaccoprogram.org)