FDA-APPROVED PHARMACOTHERAPY FOR SMOKING CESSATION*

PRODUCT	NICOTINE PATCH	NICOTINE GUM	NICOTINE LOZENGE	NICOTINE NASAL SPRAY	BUPROPION SR TABLET	VARENICLINE TABLET
BRAND NAMES	NicoDerm CQ,® Habitrol,® Generic	Nicorette,® Generic	Nicorette® Lozenge (classic, coated, mini), Generic	Nicotrol® NS	Generic	Chantix,® Generic
AVAILABILITY	OTC	OTC	OTC	Rx	Rx	Rx
PRODUCT STRENGTHS	21 mg 14 mg 7 mg	2 mg (1st cigarette > 30 mins after waking) 4 mg (1st cigarette ≤ 30 min after waking)	2 mg (1st cigarette > 30 mins after waking) 4 mg (1st cigarette ≤ 30 min after waking)	10 mg/ml	150 mg	0.5 mg and 1 mg
INITIAL DOSING	1 patch/24 hours	1 piece/ 1 or 2 hours; minimum 9/day	1 lozenge/ 1 or 2 hours; minimum 9/day	1-2 doses/hour (1 dose = 2 sprays or 1 per nostril); minimum 8 doses/day	150 mg once daily (days 1-3); then 150 mg twice daily, at least 8 hours apart	0.5 mg once daily (days 1-3); 0.5 mg twice daily (days 4-7); then 1 mg twice daily
MAXIMUM DOSING	Same as above	24 pieces/ 24 hours	5 lozenges/ 6 hours or 20 lozenges/day	5 doses/hour or 40 doses/day	150 mg twice daily	1 mg twice daily
TIME TO PEAK PLASMA CONCENTRATION	3-12 hours	30 minutes	30 minutes	11-13 minutes	3 hours 6 hours for active metabolite	3-4 hours
RECOMMENDED TREATMENT DURATION	8-10 weeks (2-6 weeks per dose level depending on formulation)	Up to 12 weeks	Up to 12 weeks	3-6 months	7-12 weeks (in special circumstances, may take for up to 6 months)	12 weeks (an additional 12 weeks can be prescribed for patients who have successfully stopped smoking at the end of 12 weeks)
ADVERSE EFFECTS	Local skin reaction (rotate site and use steroid cream or try a different brand), headache, sleep disturbances (insomnia, abnormal/vivid dreams)	Mouth soreness, hiccups, dyspepsia, mild, transient jaw ache (correct technique)	Headaches, insomnia, nausea if swallowed or chewed (correct technique)	Local transient irritation in nose, throat and eyes (typically resolved through regular use), rhinitis, tearing, sneezing	Dry mouth, insomnia (avoid bedtime use to minimize insomnia), shakiness, skin rash, constipation, seizure risk is 0.1% neuropsychiatric symptoms (see precautions, below)	Nausea, insomnia, constipation, abnormal dreams, neuropsychiatric symptoms (see precautions, below)
PRECAUTIONS, CONTRA-INDICATIONS AND WARNINGS	**PRECAUTIONS:** Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris, adolescents <18 years	**PRECAUTIONS:** Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris, severe TMJ or other jaw problems, presence of dentures, adolescents <18 years	**PRECAUTIONS:** Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris, adolescents <18 years	**PRECAUTIONS:** Pregnancy and breastfeeding, 2-week post myocardial infarction, serious underlying arrhythmia, serious or worsening angina pectoris, severe reactive airway disease, adolescents <18 years	**PRECAUTIONS:** Pregnancy and breastfeeding, adolescents <18 years, severe hepatic cirrhosis **CONTRAINDICATIONS:** Seizure disorder, current use of Wellbutrin/bupropion, current or prior bulimia or anorexia nervosa, current or recent use of MAO inhibitors. Simultaneous abrupt discontinuation of alcohol or sedatives/ benzodiazepines **Warning:** See below for FDA warning**	**PRECAUTIONS:** Pregnancy and breastfeeding, severe renal impairment, adolescents <18 years **Warning:** See below for FDA warning**
DAILY COST***	$1.52-$3.49 (1 patch)	$1.90-$5.48 (9 pieces)	$1.99-$4.20 (9 pieces)	$10.13 (8 doses)	$0.72 (2 tablets)	$17.72 (Chantix) $13.02 (Generic) (2 tablets)
INSTRUCTIONS FOR USE	Apply 1 patch to healthy, clean, dry, hairless skin such as upper arm or hip. Remove and replace daily. Rotate patch site.	Chew gum slowly until you notice a peppery taste or a slight tingle. Then park between your cheek and gum. When taste and tingle fade, chew again until it starts tingling again; then park in another part of your mouth. Repeat chew/park until tingle does not return, generally 30 minutes.	Allow lozenges to dissolve slowly without chewing or swallowing. Occasionally, move the lozenge from one side of your mouth to the other.	Blow nose if it is not clear. Tilt head back slightly; insert tip of bottle as far into nostril as is comfortable. Breathe through mouth. Spray once in each nostril. Do not sniff or inhale while spraying. If nose runs, gently sniff to keep spray in nose. Wait two or three minutes before blowing nose.	Start using bupropion one to two weeks before quitting tobacco use. Allow at least 8 hours between doses.	Start using varenicline one week before quitting tobacco use. Take after eating and with a full glass of water.

* Inclusion of this adult dosage chart is strictly for the convenience of the prescribing provider. Please consult the Physicians' Desk Reference or the product manufacturer for complete product information and contraindications.

** Assess prior to prescribing and observe patients on varenicline or bupropion SR for "serious" neuropsychiatric symptoms, including changes in behavior, agitation, depressed mood, suicidal ideation and suicidal behavior.

*** Wholesale acquisition cost from Red Book Online. Thomson Reuters, January 4, 2022.

In July 2009, the FDA mandated that the prescribing information for all bupropion- and varenicline-containing products include a black-boxed warning highlighting the risk of serious neuropsychiatric symptoms, including changes in behavior, hostility, agitation, depressed mood, suicidal thoughts and behavior, and attempted suicide. Clinicians should advise patients to stop taking varenicline or bupropion SR and contact a health care provider immediately if they experience agitation, depressed mood, or any changes in behavior that are not typical of nicotine withdrawal, or if they experience suicidal thoughts or behavior. If treatment is stopped due to neuropsychiatric symptoms, patients should be monitored until the symptoms resolve. Based on results of a mandated clinical trial, the FDA removed this boxed warning in December 2016.