

Tobacco Cessation Pharmacology

Over the Counter Nicotine Replacement Therapy (NRT)



Products	Dosage	Duration	Precautions	Adverse Effects
Nicotine Patch 21 mg 14 mg 7 mg	One patch per day >10 cpd: 21 mg 4wks 14 mg 2 wks <10cpd: 14 mg 4 wks 7 mg 2 wks	8-12 weeks	<ul style="list-style-type: none"> • Do not use if PT has severe eczema or psoriasis • Caution within 2 wks of MI 	<ul style="list-style-type: none"> • Local skin reaction • Insomnia
Nicotine Gum 2 mg 4 mg	1st cig. < 30 min after waking: 4 mg 1st cig. > 30 min after waking: 2 mg 1 piece every 1 to 2 hours	12 weeks	<ul style="list-style-type: none"> • Caution with dentures • Do not eat or drink 15 minutes before or during use • Limit 24 in 24 hrs 	<ul style="list-style-type: none"> • Mouth soreness • Stomachache • Hiccups
Nicotine Lozenge 2 mg 4 mg	1st cig. < 30 min after waking: 4 mg 1st cig. > 30 min after waking: 2 mg 1 piece every 1 to 2 hours	12 weeks	<ul style="list-style-type: none"> • Do not eat or drink 15 min before use • One lozenge at a time • Limit to 20 in 24 hrs 	<ul style="list-style-type: none"> • Heartburn • Local irritation of mouth and throat • Coughing • Hiccups

Please note that the FDA has not approved cessation medications for those under 18. Those considering nicotine replacement therapy (NRT) to help quit vaping or other tobacco products must speak to their pediatrician about the possibility of getting a prescription.

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Prescription Rx Nicotine Replacement Therapy (NRT)



Products	Dosage	Duration	Precautions	Adverse Effects
Nicotine Inhaler Nicotrol Inhaler	6-16 cartridges/day Each cartridge= 2 cigs 1 cartridge 1-2 hrs	6 months; taper	<ul style="list-style-type: none"> • Reactive airway disease 	<ul style="list-style-type: none"> • Mouth and Throat Irritation • Cough
Nicotine Nasal Spray	1-2 sprays each nostril/hr 8 to 40 doses/day	3-6 months; taper	<ul style="list-style-type: none"> • Not for patients with asthma 	<ul style="list-style-type: none"> • Nasal irritation • Sneezing • Cough • Watery eyes
Bupropion SR150 Zyban or Wellbutrin	Start 1-2 weeks before quit date Days 1-3: 150 mg each morning Days 4-end: 150 mg BID	2-6 months; taper	<ul style="list-style-type: none"> • Seizure disorder • Current use of MAO inhibitor • Eating disorder • Alcohol dependence • Head trauma 	<ul style="list-style-type: none"> • Insomnia • Dry mouth • Anxiety
Varenicline Chantix	Start 1 week before quit date 0.5mg/d for 3 days then 0.5mg BID for next 4 days After first 7 days 1 mg/BID	3-6 months; taper	<ul style="list-style-type: none"> • Persons with kidney problems require dose adjustment • Serious psychiatric illness 	<ul style="list-style-type: none"> • Nausea • Insomnia • Abnormal dreams

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