

Tobacco Treatment Medication Dosing Chart

Product	Nicotine Patch	Nicotine Gum	Nicotine Lozenge	Nicotine Nasal Spray	Nicotine Inhaler	Bupropion SR	Varenicline
Brand Name/Generic Available	Nicoderm CQ® Habitrol Generic	Nicorette® Generic	Nicorette® Generic Mini form also available	Nicotrol NS®	Nicotrol® Inhaler	Zyban® Wellbutrin SR® Generic	Chantix®
Product Strength	21 mg, 14 mg, 7 mg	2 mg , 4 mg	2 mg, 4 mg	10 mg/mL (10 mL bottle ~ 200 applications)	10 mg/cartridge	150 mg SR	0.5 mg, 1mg
Standard Dosing – (Adjustments in dose and/or duration may be needed for optimal benefit and/or reducing risk of side effects)	1 patch / 24 hours 11+ cigarettes per day, use 21 mg for 6 wks, 14 mg for 2 wks, 7 mg for 2 wks. 6-10 cigarettes per day, use 14 mg for 6 wks, 7 mg for 2 wks.	Use one piece every 1-2 hours. 25+ cigarettes/ day or if first cigarette within 30 minutes of waking – start with 4 mg. Maximum 20 per day. Taper over last few weeks	Use one lozenge every 1-2 hours. 20+ cigarettes/day or if first cigarette within 30 minutes of waking – start with 4 mg. Maximum 24 lozenges/day. Taper over last few weeks.	1 spray each nostril/hour. Do not exceed 5 doses/hr or 40 doses/day	6-16 cartridges/day. Use for 6 months, taper over last 3 months.	150 mg daily for 7 days, then twice daily. Start 7 days before target quit date.	Begin 1 week before quit date. Starter Pack includes dose titration from 0.5 mg to 1 mg twice daily.
Common side effects	Mild skin reactions: rotate site, apply 1% cortisone cream Sleep disturbance (vivid dreams, insomnia not from withdrawal): may remove at night	Mouth soreness, hiccup, jaw ache, indigestion	Nausea, hiccups, heartburn, headache, coughing	Nose, throat or eye irritation; runny nose Higher dependence potential compared to other NRT	Mouth or throat irritation, cough, taste change	Insomnia, dry mouth, gastrointestinal symptoms	Nausea, vomiting, gas, constipation, appetite change, headache, sleep disturbance, unusual dreams, drowsiness
Less common, rare, or serious side effects may include, but not limited to	Signs of excessive nicotine include: rapid heart rate, chest pain, dizziness, stomachache, diarrhea, nausea, vomiting, drooling, cold sweat, weakness, headache, confusion, shaking, seizure					<u>Behavioral</u> : include suicidality, agitation, violence, depressed or manic mood, confusion, hallucinations, impulsivity, anxiety <u>Medical</u> : seizures, hypertension, tremor	<u>Behavioral</u> - include suicidality, agitation, violence, depressed mood, confusion, hallucinations, impulsivity <u>Cardiovascular</u> – possible serious events like MI
Brief instructions	Apply 1 patch to healthy, clean, dry, hairless skin like upper arm, upper back, shoulders, lower back or hip. Replace daily after waking. Rotate skin site. Wash hands after handling. Avoid moisturizers under patch.	Chew gum until a peppery taste and slight tingle occurs, and park between cheek and gum. Repeat when taste fades, then park in another area of mouth. Avoid eating and drinking for 15 minutes before and after use.	Allow lozenge to dissolve slowly without chewing or swallowing. Occasionally move lozenge from one side of mouth to the other. Avoid eating and drinking for 15 minutes before and after use.	Blow nose if not clear and tilt head back. Insert bottle tip as far as comfortable, angling toward wall of nostril. Do not sniff while spraying. Wait 2-3 minutes before blowing nose.	Inhale using short breaths or puffs to get vapor in mouth and throat but not lungs. Protect cartridges from excessive heat and light. Less effective if temperature < 60°F degrees	Take with food.	Swallow with water. Avoid taking at bedtime. Do not make up a missed dose by doubling up the next dose. Avoid using NRT with Chantix. May need dose reduction: renal disease, elderly, weight less than 100 pounds.

Product	Nicotine Patch	Nicotine Gum	Nicotine Lozenge	Nicotine Nasal Spray	Nicotine Inhaler	Bupropion SR	Varenicline
Cost (Average)	\$1.36 per day *generic 1 patch per day	\$7.14 per day *generic 24 per day	\$11.74 per day *generic 20 per day	\$15.00 per day 40 doses / day	\$19.36 per day 16 cartridges/day	\$1.24 per day *generic 2 tablets per day	\$2.78 per day 2 tablets per day
Relative contraindications – partial list.	Severe eczema or other skin disorder. Adhesive allergy.	Dental disease, TMJ disease, dentures or other dental appliances, toothless.	Oral thrush, oral lesions.	Rhinitis, nasal polyps, sinusitis, asthma or other severe reactive airway disease.	Asthma or other severe reactive airway disease, COPD, allergy to menthol.	Seizure history or risk for seizures (e.g. bulimia, head injury, alcohol detox); some mental health conditions; uncontrolled hypertension	Suicidal, some serious mental health conditions (may be difficult to determine illness from adverse medication effect), recent cardiac event.
	Unstable cardiovascular disease and some acute post-op conditions – consult with physician.						
	Monitor or consider alternatives if: peptic ulcer disease, endocrine disorders, severe kidney or liver disease, malignant hypertension.						
Special Populations	Must consider risks/benefits/alternatives to medication. <i>Pregnant/lactating women</i> : limited safety testing, no meds FDA approved for tobacco treatment. <i>Youth</i> : no evidence for efficacy; probably safe; no FDA approved medication. <i>Cardiovascular disease</i> : NRT considered safe for most, but caution if recent MI or stroke, arrhythmia, unstable angina; 2011 CVD warnings with varenicline; bupropion may increase BP; consult with physician. <i>Psychiatric disorders</i> : all are generally safe, but potential for psychiatric destabilization with nicotine withdrawal, changes in psych med metabolism, and/or some of these medications, consider psychiatric consultation.						
Allergic Reactions	Possible for any of these medications. Symptoms include: difficulty breathing or swallowing; swelling of face, mouth, tongue, lips; hives; blistering rash. Immediate medical assistance recommended. Past hypersensitivity or allergic reactions to the medication or any of its components is a contraindication for use.						
Rx Duration	Treatment is recommended for 3 months for most medications, but longer is appropriate for many people. Consultation with a health care provider is recommended for longer duration.						

Medication Dosing Guidelines for the Treatment of Smokeless Tobacco and Cigars

Smokeless Tobacco	If using 1 can/week, suggest starting dose of 21-mg patch/day OR 4 mg gum OR 4 mg lozenge. If using < 1 can/week, suggest starting dose of 14-mg patch/day OR 2 mg gum OR 2 mg lozenge. Consider bupropion at same dose for cigarette use.
Cigar/Stogie	If using small cigars, consider dosing similar to that of smoking cigarettes. If using 2 or more medium size cigars/day suggest starting with 21 mg patch OR 4 mg gum OR 4 mg lozenge. If using 1 or more large, stogie-sized cigars/day, suggest starting with 21 mg patch OR 4 mg gum OR 4 mg lozenges. Consider bupropion at same dose for cigarette use.
The PHS Clinical Practice Guideline 2008 update does not recommend use of tobacco treatment medications for smokeless tobacco use due to lack of sufficient evidence of its efficacy. The variety of products and individual differences in use patterns make it difficult to have precise dose guidelines. We recommend that tobacco treatment specialists discuss this with their clients and help clients monitor and adjust dose and frequency of NRT based on symptoms, increasing dose if withdrawal symptoms are high and decreasing if there are symptoms of nicotine excess.	

This chart is strictly for the convenience of consumers and providers. Information is simplified and may not reflect most recent safety updates. Consumers are advised to consult a physician, nurse or tobacco treatment specialist for more information regarding individual circumstances. Providers are advised to consult MedlinePlus® or manufacturer for more product information. Prices are approximations based on those found at www.drugstore.com in September 2011. By comparison, the average price of cigarettes in Maine as of 02/09 is \$6-\$7/pack.

- **STORE ALL MEDICATIONS OUT OF THE REACH OF PETS AND CHILDREN** Dispose of used medications properly. Updated 10/11