



Quick Guide to Pharmacotherapy in Tobacco Treatment

NICOTINE REPLACEMENT (NRT)

Combining long-acting NRT (patch) with a short-acting NRT (gum, lozenge, or inhaler) is more effective than using a single type of NRT

LONG-ACTING PRODUCTS

PATCH

7 mg, 14 mg, 21 mg	Dose	1 patch every 24 hrs. 21 mg patch if ≥ 10 cig/day 14 mg patch if < 10 cig/day	Duration: 6-14 wks.
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SHORT-ACTING PRODUCTS

GUM

2mg, 4 mg	Dose	1 piece every 1-2 hrs.	Duration: 6-14 wks.
	MAX:	24 pieces/day	

LOZENGE or MINI-LOZENGE

2 mg, 4mg	Dose:	1 lozenge every 1-2 hrs.	Duration: 12 wks.
	MAX:	20 pieces/day	

NASAL SPRAY (Nicotrol® NS)

10 mg/ml	Dose:	1-2 doses per hr.	Duration: 3-6 mos.
	MAX:	5 doses/hour or 40 doses/day	

INHALER (Nicotrol® Inhaler)

	Dose:	6-16 cartridges/day	Duration: 3-6 mos.
	MAX:	16 cartridges/day	

BUPROPION SR (Zyban®/ Wellbutrin SR®)

May be combined with nicotine replacement

150 mg tablets	Dose	150 mg once per day (days 1-3) 150 mg twice per day (day 4+)	Duration: 12 wks. <i>(If quit at 12 wks, consider 12 more weeks of drug)</i>
	MAX:	300 mg/day	

VARENICLINE (Chantix®)

0.5 mg, 1 mg tablets	Dose:	<i>Starting Month Pack =</i> 0.5 mg once per day (days 1-3) 0.5 mg twice per day (days 4-7) 1 mg twice per day (days 8+) <i>Continuing Month Pack =</i> 1 mg twice per day	Duration: 12 wks. <i>(If quit at 12 wks, consider 12 more weeks of drug)</i>
	MAX:	2mg/day	

2As & 1R Brief Tobacco Intervention

ASK ABOUT TOBACCO USE AT EVERY VISIT

- ✓ Implement an office system that ensures that, for every patient at every visit, tobacco-use status is queried and documented.

ASSIST TOBACCO USERS IN QUITTING

- ✓ Provide brief counseling:
 - Reasons to quit
 - Barriers to quitting
 - Lessons from past quit attempts
 - Set a quit date, if ready
 - Enlist social support.
- ✓ Recommend use of combination or single pharmacotherapy (patch, gum, lozenge, nasal spray, inhaler, bupropion, or varenicline) unless contraindicated.
- ✓ Provide supplementary educational materials.

REFER

- ✓ Refer to QuitWorks-NH: fax consent signed by patient to 1-866-560-9113 for proactive call to assess and arrange treatment.
- ✓ At subsequent visit, review patient follow-up report from QuitWorks-NH. Congratulate success, encourage maintenance.
- ✓ If tobacco use has occurred:
 - Ask for recommitment to total abstinence
 - Review circumstances that caused lapse
 - Use lapse as a learning experience
 - Assess pharmacotherapy use and problems.
- ✓ Consider referral to more intensive treatment.

For More Information: 1-800-QUIT-NOW
Visit www.QuitWorksNH.org

Source: Massachusetts Department of Health 2011; Fiore MC, Jaen CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians, Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.

Inclusion of this adult dosage chart is strictly for the convenience of the prescribing provider. Please consult the Physicians' Desk Reference for complete product information and contraindications. This chart does not indicate or authorize insurance benefit coverage for any of these medications. For insurance benefit information, the patient will need to contact his/her insurer directly.