



PHARMACOTHERAPY QUICK GUIDE

Medication Options and Dosages

	PATCHES		GUM	LOZENGE	SPRAY	INHALER	TABLETS	
Brand Strength	Nicotrol® 15 mg	Nicoderm®CQ® 21, 14, 7 mg	Nicorette® 2, 4 mg	Commit™ 2, 4 mg	NicotrolNS® 10 mg/ml	Nicotrol® 10 mg/cartridge	Zyban® 150 mg	Chantix® .5, 1mg
Dosing	1 patch/ 16 hours	1 patch/ 24 hours	1 piece/1-2 hours	1 loz./1-2 hrs wks 1-6 1 loz./2-4 hrs wks 7-9 1 loz./4-8 hrs wks 10-12	2-10 sprays/hour	6-16 cartridges/day	150 mg/day (days 1-3) 300 mg/day (day 4+)	.5 mg/(days 1-3) .5 mg 2x/day (days 4-7) 1 mg 2x/day (days 8-28+)
Duration	8 weeks	8 weeks	8-12 weeks	12 weeks	3-6 months	3-6 months	7-12 weeks	12- 24 weeks
Advantages	Private; once/day		Can offset cravings, delays weight gain	Decreasing amounts reduce dependence	Responds quickly to cravings (6 min)	Keeps hands busy, mimics smoking	Also treats depression, delays weight gain	Blocks brain's nicotine receptors, studies show higher success rates than other medications
Adverse Reactions	50% experience local skin reaction (rotate and use steroid cream); sleep disturbances (remove at bedtime)		Mouth soreness, hiccups, dyspepsia	Indigestion, insomnia hiccups, mouth soreness	Transient nasal irritation, sore throat, watery eyes	40% experience mouth and throat irritation, dyspepsia	Dry mouth, insomnia, shakiness	Nausea, sleep disturbance, constipation, flatulence, vomiting
Contraindications	Severe eczema or other skin diseases or allergies that may be exacerbated by the patch		TMJ or other jaw problems; dentures	TMJ; mouth or tongue problems	Asthma, rhinitis, nasal polyps, sinusitis	Allergy to menthol	Seizure disorder; bupropion allergy; bulimia or anorexia nervosa; concurrent use of MAO inhibitors	Under age 18; pregnant/nursing; dosage adjustment recommended for elderly and those with severe renal impairment or undergoing hemodialysis
Telephone	1-800-699-5765	1-800-834-5895	1-888-569-1743	1-800-419-4766	1-800-699-5765	1-800-699-5765	1-800-U-CAN-QUIT	1-877-CHANTIX
Web Address	nicotrol.com	nicodermCQ.com	nicorette.com	commitlozenge.com	nicotrol.com	nicotrol.com	zyban.com	chantix.com

This adult options and dosages chart is provided strictly for the convenience of the prescribing clinician. Please consult the *Physician's Desk Reference* for complete product information and contraindications.