

Medicines to Help Stop Tobacco Use

This sheet will give you some information on the medicines used to help stop tobacco use and lessen the urge to use tobacco. Review this and talk with your doctor, nurse, tobacco treatment specialist, or pharmacist about which medicine may be best for you to use.

Nicotine Replacement Therapy

These medicines are used to help reduce nicotine withdrawal and cravings. They also make quitting easier.

- The nicotine patches, gum and lozenges are available over the counter.
- The nicotine nasal spray and the inhalers are prescription medicines.
- The dose of the medicine is based on how much tobacco you use.
- Medicine must be used correctly for the best results.

Patches

- ▶ Use a new patch each day for up to 8 weeks (2 months).
- ▶ Easy to use and available in most drug stores.
- ▶ May cause vivid dreams when sleeping. If this occurs, remove the patch before bedtime. To avoid skin irritation, rotate patch sites daily.
- ▶ Do not cut patches or you will not get the full amount of nicotine.

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Learn more about your health care.

Gum

- ▶ Use up to 12 weeks (3 months).
- ▶ Chew slowly, until it tastes peppery or minty, and then hold it between cheek and gum. This is called chew and “park”. Continue chew and “park” for 30 minutes or until the flavor is gone.
- ▶ Drink only water 15 minutes before or while using the gum. Drinking coffee, juice or soft drinks will lessen the amount of nicotine you get.
- ▶ Easy to use. Delays weight gain and can provide extra help when having cravings.
- ▶ Can be hard to use for people with dentures because the gum sticks.

Lozenges

- ▶ Use for up to 12 weeks (3 months).
- ▶ Let lozenge dissolve slowly in your mouth. Do not chew.
- ▶ Drink only water 15 minutes before or while using a lozenge. Drinking coffee, juice or soft drinks will lessen the amount of nicotine you get.
- ▶ Easy to use. Delays weight gain and can provide extra help when having cravings.

Nasal Spray

- ▶ Use for to 12 to 24 weeks (3 to 6 months).
- ▶ Easy to use and acts quickly.
- ▶ May cause nasal irritation.

Inhaler

- ▶ Use up to 24 weeks (6 months).
- ▶ Helps keep hands and mouth busy.

- ▶ Easy to use. If used in cold temperatures, less nicotine may be taken in by the body.
- ▶ Feels and looks like a cigarette.

Other Medicines

Wellbutrin, also sold as **Zyban**, is an antidepressant that can help you quit. You will need a prescription for this medicine.

- It is best to start taking this medicine 1 to 2 weeks before your quit date to get the best effect.
- Use for 7 to 12 weeks (3 months), and up to 6 months for maintenance.
- Easy to use and helps cut down cravings.
- Can disrupt your sleep or cause dry mouth.

Varenicline, or **Chantix** helps to blocks the effects of nicotine while helping with withdrawal. You will need a prescription for this medicine.

- It is best to start taking this medicine 1 week before your quit date.
- Use for 12 weeks, and up to 6 months for maintenance.
- Easy to use.
- Can cause nausea, vomiting, headache and problems sleeping.

Some medicines may be covered by your prescription insurance plan. Check with your insurance provider about your coverage.

If you have questions about quitting tobacco use, call the OSUMC Tobacco Treatment Center toll free at 1-866-504-0561.

❖ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**