

# Chantix

Also known by the name Varenicline, this medicine is used for adults who want to quit smoking.

## **Who should not use Chantix?**

Do not use this medicine if you:

- Are under 18 years of age
- Are pregnant or planning to become pregnant
- Are breastfeeding
- Have ever had an allergic reaction to any ingredient in Chantix

## **How does Chantix help me to quit smoking?**

Chantix produces the same effect in your brain as nicotine but to a lesser extent. By using Chantix, you will have a smaller craving for nicotine.

**Learn more about your health care.**

## **How should I take Chantix?**

- 1) Set a date to target to quit smoking.
- 2) Start taking Chantix one week (7 days) **before** your target quit date. If needed, you may still smoke during the first week of taking Chantix.
- 3) On days 1-3, take one white (0.5 mg) tablet once daily.
- 4) On days 4-7, take one white (0.5 mg) tablet twice daily.
- 5) On day 8 and until the end of your therapy, take one blue (1 mg) tablet twice daily, instead of smoking cigarettes.

## **What side effects does Chantix have?**

### **Common side effects include:**

- Nausea
- Insomnia
- Headache
- Abnormal dreams
- Constipation
- Flatulence
- Vomiting.

If any of these are causing problems for you, contact your doctor. You may need a smaller dose of Chantix. Nausea should go away within the first few weeks of therapy.

## **Can I take other medicines while trying to quit smoking with Chantix?**

Yes, but be sure to tell your doctor or pharmacist all medicines that you are taking. Doses of medicines that you were taking before you try to stop smoking may need to be changed.

## **What else do I need to know about Chantix?**

- Most often Chantix therapy last 12 weeks. A second 12-week course may be needed to help you stay cigarette free.
  - If you relapse during Chantix therapy at any time, contact your doctor. You may be advised to set a new target quit date and start Chantix therapy again.
  - Chantix is not a “wonder” drug. Smoking is an addiction and may require several attempts to quit before you are successful.
- 
- **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](mailto:health-info@osu.edu).**

*Created by Melissa Mayfield, Pharm.D. Candidate, The Ohio State University College of Pharmacy. September 19, 2006.*

*Approved by Lindsay Pell, Pharm.D., Specialty Practice Pharmacist, The Ohio State University Medical Center. September 20, 2006.*

*References: <http://online.factsandcomparisons.com>; <http://online.lexi.com>; Thomson Micromedex; [www.chantix.com](http://www.chantix.com).*