

First-Line FDA-Approved Medications*
Health Benefit Plans Now Required to Cover Cessation Pharmacotherapy in Kentucky

	Medication	Precautions ^a	Side Effects	Dosage	Use	Availability	Cost/day ^b
Nicotine Replacement Therapy (NRT) Formulations	Nicotine Gum	Pregnancy (Category D) and breastfeeding Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious/worsening angina pectoris Temporomandibular joint disease Caution with dentures Adolescents (<18 years) Do not eat or drink 15 minutes before or during use.	Mouth/jaw soreness Dyspepsia Hiccups Hypersalivation Effects associated with incorrect chewing technique: - Lightheadedness - Nausea/Vomiting - Throat & mouth irritation	1st cigarette ≤30 minutes after waking: 4mg 1st cigarette >30 minutes after waking: 2mg Use 1 piece every 1-2 hours Maximum, 24 pieces/day Park between cheek & gum upon tingling sensation (15-30 chews). Repeat when tingle fades. Park on other side.	Up to 12 weeks. Longer if desired, with provider approval.	Nicorette®, Nicorette Mint®, generic products, (OTC only) 2mg, 4mg Original, Mint, Orange, Cinnamon, and Fruit	4 mg / 100 ct. box: Avg. \$45.99 per box \$3.51 (9 pieces) \$9.36 (24 pieces)
	Nicotine Lozenge	Pregnancy and breastfeeding-not evaluated by the FDA Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious/worsening angina pectoris Adolescents (<18 years) Do not eat or drink 15 minutes before or during use.	Hiccups Heartburn Nausea Headache (on 4mg) Cough (on 4mg) Hypertension Flatulence Insomnia	1st cigarette ≤30 min after waking: 4mg 1st cigarette >30 min after waking: 2mg Use 1 lozenge every 1-2 hours, 9-20 per day. Allow to dissolve between cheek & gum. Do not chew or swallow. Occasionally rotate to different areas of mouth.	Up to 12 weeks. Longer if desired, with provider approval.	Commit™ Lozenge, Nicorette Mini Lozenge, generic products (OTC) 2mg, 4mg Original, Mint, Cherry	4 mg - 72 and 108 ct. box: Avg. \$39.74 per box \$4.14 (9 pieces) \$9.20 (20 pieces)
	Nicotine Patch	Severe eczema or psoriasis Pregnancy (Category D) and breastfeeding Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious/worsening angina pectoris Adolescents (<18 years)	Local skin reaction Sleep disturbances (insomnia, abnormal/vivid dreams) Headache	One patch per day (hairless site) If > 10 cigs/day: 21mg 4 wks, 14mg 2-4 wks, 7mg 2-4 wks If <10/day: 14mg 4 wks, then 7mg 4 wks Do not cut/trim patch.	8-12 Weeks May wear patch for 16 hours if patient experiences sleep disturbances (remove at bedtime).	Nicoderm CQ®, Nicotrol, generic products (Rx and OTC).	21mg, 14mg, or 7mg; 14 ct. box: Avg. \$49.92 per box \$3.56 (per patch)
	Nicotine Nasal Spray	Severe asthma Pregnancy (Category D) and breastfeeding Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious/worsening angina pectoris Adolescents (<18 years)	Nasal and/or throat irritation Rhinitis Tearing Sneezing Cough Headache	1-2 doses/hour (8-40 doses/day) (one dose = one spray per nostril) Maximum: 5 doses/hour Patients should not sniff, swallow, or inhale through the nose as the spray is being administered.	3-6 months	Nicotrol NS® (prescription only)	\$4.32 (8 doses) \$21.60 (40 doses)
	Nicotine Oral Inhaler	Recent (≤2 weeks) myocardial infarction Serious underlying arrhythmias Serious/worsening angina pectoris Bronchospastic disease (respiratory disease) Pregnancy (Category D); and breastfeeding patients Adolescents (<18 years) Do not eat or drink 15 minutes before or during use.	Local irritation of mouth & throat Cough Rhinitis Hiccups Dyspepsia Headache	6-16 cartridges/day Individualize dosing; initially use 1 cartridge q 1-2 hours. Best effects with continuous puffing for 20 min. Do not inhale into the lungs, but "puff" as if lighting a pipe.	Up to 6 months Taper dosage during final 3 months. Keep in temp of 40° F or higher.	Nicotrol® Inhaler (prescription only) 10mg cartridge delivers 4mg inhaled nicotine vapor.	\$22.70 (6 cartridges) \$60.57 (16 cartridges)
Non-Nicotine Medications ^c	Bupropion SR	History of seizure History of eating disorder MAO inhibitor therapy in previous 14 days Current use of bupropion in any other form Pregnancy (Category C) and breastfeeding Adolescents (<18 years)	Insomnia Dry mouth Rash Nervousness Nausea, dizziness Constipation Seizures (risk 1/1,000) [0.1%] Neuropsychiatric symptoms (rare)	Days 1-3: 150 mg each morning Days 4-end: 150 mg twice daily Allow at least 8 hours between doses. Avoid bedtime dosing to minimize insomnia. Dose tapering is not necessary. Can be used safely with NRT, but NRT should be initiated on quit date.	Begin treatment 1-2 weeks before quit date Use for 7-12 weeks or maintenance up to 6 months. Don't take extra dose to make up for missed dose.	Zyban®, generic SR products (prescription only) 150 mg sustained-release tablet	150mg: Brand name: \$13.56 Generic: \$4.16 (2 tablets)
	Varenicline	Severe renal impairment (dosage adjustment is necessary) Currently undergoing dialysis Monitor for changes in mood, behavior, psychiatric symptoms, and suicidal ideation. ^d Pregnancy (Category C) and breastfeeding Safety & efficacy have not been established in patients with serious psychiatric illness. Adolescents (<18 years)	Nausea/Vomiting Insomnia Abnormal/Vivid dreams Constipation Flatulence Seizures Neuropsychiatric symptoms (rare)	Days 1-3: 0.5 mg every morning Days 4-7: 0.5 mg twice daily Days 8-end: 1 mg twice daily Take dose after eating with a full glass of water. Dose tapering is not necessary.	Begin treatment one week before quit date. Use for 3 months; maintenance up to 6 months.	Chantix™ (prescription only) .5mg, 1mg tablet	Starting pack: Brand name: \$7.11 (2 tablets) Continuing pack: Brand name: \$7.57

^aThe information contained in this table is not comprehensive. Please see package insert for additional information.

^bCost/day based on prices provided by Walgreens District Office (Louisville, KY), May 2017. Prices are before tax and based on no insurance.

^cQuitting smoking, with or without medication, can result in nicotine withdrawal symptoms (such as depressed mood, agitation) or a worsening of underlying psychiatric illness, such as depression. Monitor patients for behavior or mood changes.

^dClinicians should advise patients to stop taking varenicline and contact a healthcare provider immediately if they experience agitation, depressed mood, and any changes in behavior that are not typical of nicotine withdrawal, or if they experience suicidal thoughts or behavior. If treatment is stopped due to neuropsychiatric symptoms, patients should be monitored until the symptoms resolve.

^eOther prescription medications, such as nortriptyline or clonidine are not FDA approved for smoking cessation, but may be utilized for this purpose.

*Adapted from: Fiore MC, Jaén 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.