

# Medications

PRODUCT	BENEFITS	DRAWBACKS
<p><b>Nicotine Patches</b></p> <p>Convenient, easy to use Applied once a day Few side effects Need no prescription</p> <p>Nicotine patches stick to the skin and give you a steady dose of nicotine all day. The patches come in three strengths: 21 mg., 14 mg. and 7 mg. and are worn for different lengths of time (16-24 hours). The recommended treatment time for patches is ten weeks using a "step-down" dose.</p>	<p>Convenient, easy to use Applied once a day Few side effects Need no prescription</p>	<p>Skin irritation Nicotine is slow getting into the body Abnormal dreams</p>
<p><b>Nicotine Gum</b></p> <p>Convenient, easy to use Fairly quick nicotine delivery Flexible dosing</p> <p>Nicotine gum is chewed 2 - 3 times, and then you leave it between your cheek and gum. Nicotine is absorbed through the cheek and enters your bloodstream in minutes. The gum comes in two strengths, 2 mg and 4 mg. It comes in regular, orange and mint flavors. The recommended daily does is 10 - 15 pieces per day.</p>	<p>Convenient, easy to use Fairly quick nicotine delivery Flexible dosing</p>	<p>Can't use with dental problems Unpleasant taste Can cause nausea if not used correctly</p>
<p><b>Lozenges</b></p> <p>Convenient, easy to use Fairly quick nicotine delivery Flexible dosing</p> <p>2 mg. lozenges for smokers who smoke their first cigarette more than 30 minutes after awakening. 4mg. lozenges for smokers who smoke within 30 minutes of awakening. Maximum dose: 20 a day. Lozenge should dissolve in mouth, refrain from chewing.</p>	<p>Convenient, easy to use Fairly quick nicotine delivery Flexible dosing</p>	<p>Mouth soreness, hiccups, dyspepsia and jaw ache (usually mild and transient).</p>
<p><b>Nicotine Nasal Spray</b></p> <p>Flexible dosing Delivers nicotine quickly Reduces cravings in minutes</p> <p>Nicotine nasal spray is squirted into each nostril once or twice each hour, where the nicotine is absorbed through the nose.</p>	<p>Flexible dosing Delivers nicotine quickly Reduces cravings in minutes</p>	<p>Nasal irritation, sneezing, coughing Need to use often to maintain nicotine level Needs a prescription</p>
<p><b>Nicotine Inhalers</b></p> <p>Hand-to-mouth oral substitute Few side effects Quick nicotine delivery</p> <p>Nicotine inhalers are plastic tubes that look like a cigarette and is absorbed through the cheek. Your doctor will adjust the dosage as you taper off.</p>	<p>Hand-to-mouth oral substitute Few side effects Quick nicotine delivery</p>	<p>Need to use often to maintain nicotine level Throat and mouth irritation Needs prescription</p>
<p><b>Varenicline (Chantix)</b></p> <p>New prescription medicine, approved by the FDA in May 2006 to help adults quit smoking</p> <p>0.5 mg/day (days 1-3), 0.5 mg/twice a day, (days 4-7) 1mg/twice a day (8+) Maximum dose: 2 mg/day. Treatment duration 12 weeks. Not recommended for children under 18 years of age.</p>	<p>New prescription medicine, approved by the FDA in May 2006 to help adults quit smoking</p>	<p>Nausea, constipation, gas, vomiting, headache, abnormal dreams.</p>
<p><b>Bupropion (Zyban)</b></p> <p>Convenient to use Can be used with nicotine patch Few side effects</p> <p>Bupropion is a medication that contains no nicotine and should be started 7 - 10 days before you quit. It works by acting in the brain the way nicotine does.</p>	<p>Convenient to use Can be used with nicotine patch Few side effects</p>	<p>Not for people with seizure or eating disorders Dry mouth and insomnia Needs prescription</p>
<p><b>WARNING: You must quit smoking completely before using any nicotine medication product. Use only as instructed on label. Be sure to talk with your doctor before combining any of these medications. Talk to your doctor about these medications if you are nursing or pregnant.</b></p>		

