



Medications for the Treatment of Tobacco Dependence

Long Acting Medications

PRODUCT	USE	ADVANTAGES	DISADVANTAGES	PRECAUTIONS	SIDE EFFECTS	EST COST (FEB 2018)
Nicotine Patch*	<p>Apply each day to clean, dry hairless skin If using 24hr patch, start with 21mg patch daily if smokes more than 10 cigs/day; can taper to 14mg at week 6 to 8; then 7mg for week 9, 10 <i>if no cravings</i>.</p> <p>If using the 16hr patch, start with 25mg patch daily if smokes more than 15-20 cigs/day until week 8 completed, taper to 15mg for week 9, 10 and then 10mg for week 11, 12 if no cravings.</p>	<p>Place and forget. Over the counter, can decrease morning cravings if worn at night (24hr patch only). Can be used in combination with either the 15mg inhaler or the 2mg Gum as part of combination NRT therapy to help with breakthrough cravings.</p>	<p>Passive – no action to take when craving occurs.</p>	<p>Not recommended to use while smoking. Use with precaution post cardiac arrest and, in patients with serious underlying arrhythmias and worsening angina. Nicotine replacement therapy is preferable to continuing to smoke. Not recommended in pregnancy and breast feeding – use short acting medication with GP prescription.</p>	<p>Skin reaction – 50% of patients, usually mild. *Rotate sites Can experience vivid dreams or sleep disturbance at night with 24hr patch.</p>	<p>Nic CQ €27 for 1/52 of 21mg, 14mg, and 7mg €47 for 2/52 of 21mg. Nicotinell €25 for 1/52 of 21mg, €25 for 1/52 of 14mg, €24 for 1/52 of 7mg. €61 for 3/52 of 21mg. Nicorette €23 for 1/52 of 25mg, 15mg and 10mg.</p>
Champix/ Varenicline*	<p>0.5mg once daily days 1-30 5mg twice daily days 4-7 Then 1mg twice daily. Use up to 12 weeks. Extra 12 weeks if required. HIQA systematic review of evidence indicated that effectiveness increases when used in combination with nicotine replacement therapy (off-licence).</p>	<p>Reduces withdrawal and may prevent relapse.</p>	<p>Passive – no action to take with cravings. Prescription required.</p>	<p>Do not use if you have severe kidney disease. Not licensed in pregnancy or breast feeding.</p>	<p>Nausea (30%) usually mild – can reduce to 0.5mg level. Take with food. Insomnia.</p>	<p>4/52 starter pack €107 4/52 1mg bd pack €108 (available on the Drug Payment Scheme and on the GMS scheme)</p>
Zyban*Wellbutrin SRWellbutrin XLBupropion	<p>150mg each morning for 3-7 days, then 300mg/day. Start prior to quit date Doses must be at least 8 hours apart; take second pill in early evening to reduce insomnia.</p>	<p>Less weight gain while using. Safe to smoke while taking.</p>	<p>Some patients report side effects. Passive – no action to take with cravings. Prescription required.</p>	<p>Not Used with: Seizure disorders; current use of Wellbutrin or MAO inhibitors; electrolyte abnormalities; eating disorders. Monitor blood pressure. Not licensed in pregnancy or breast feeding.</p>	<p>Insomnia (40%) Dry mouth. Headache. Anxiety Rash. Flexible dosing (keeping at 150mg/day) helpful with side effects.</p>	<p>€130 on DPS per 1 month supply (available on the Drug Payment Scheme and on the GMS scheme).</p>

* Adapted with permission from Dr Michael Steinberg MD, MPH – Tobacco Dependence Program, UMDNJ. Disclaimer – The above list is meant as a guide only and the manufacturers’ instructions should always be adhered to. Please note the Irish medicines Board have now licensed the use of combination Nicotine replacement therapies – 15mg patch with 2mg gum and in certain circumstances, Inhaler may be used in combination with 10mg or 15mg patch.



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Short Acting Medications

PRODUCT	USE	ADVANTAGES	DISADVANTAGES	PRECAUTIONS	SIDE EFFECTS	EST COST (FEB 2018)
Nicotine Gum* 2mg and 4mg	2mg and 4mg (4mg if smokes more than 20 cigs/day) Take every 1-2 hrs as needed. Chew and park.	Use as needed. Can self dose. Over the counter. Can be used in combination with 15mg patch to help with breakthrough cravings.	Can be difficult to chew.	Avoid food and acidic drinks 15 minutes before and while using *(decreased absorption – reduced effect).	Jaw pain. Nausea/heartburn if swallowing saliva.	2mg €9/30; €25/105; €44/210 4mg €11/30; €35/105; €55/210
Nicotine Inhaler* 15mg	Puff as needed. Use up to 6 cartridges/day, less needed if using combination therapy. Oral absorbed – no need to inhale deeply. Each cartridge lasts for 20-40 minutes of inhaling.	Use as needed. Mimics hand to mouth action of smoking. Advise to use non smoking hand to hold. Can be used in combination with 15mg patch to help with breakthrough cravings.	Visible in hand.	Avoid food and acidic drinks before and while using. Caution use in asthmatic clients.	Cough; throat irritation (usually mild).	€6 for 4 cartridges €28 for 20 cartridges
Nicotine Lozenge* 2mg and 4mg	2 and 4mg (4mg if smokes within 30 mins of waking) Take 1 lozenge every 1-2 hours. Park between cheek and gum – dissolves in mouth. Do not chew or swallow. Use approx 9 per day for first 6 weeks then taper.	Ease of use. Over the counter. Flexible dosing.		Avoid food and acidic drinks before and while using.	Hiccups. Nausea/heartburn if swallowing saliva.	2mg €7.50/20 €25/80 4mg €25/80
Nicotine Quickmist* Mouthspray 1mg per spray	Point the spray nossle towards the open mouth and hold as close as possible. Press the top of the dispenser to release one spray into the mouth, avoiding the lips. For best results avoid swallowing for a few seconds after spraying. Use one spray first and if cravings do not disappear within a few minutes use the second spray. Use when you would normally smoke a cigarettes or have cravings to smoke. No more than 4 sprays per hour or 64 sprays per day.	Use as needed. Over the counter. Flexible dosing. Discrete. Fast acting.		Avoid food and acidic drinks before and while using.	Tingling lips if spray comes in contact with lips. Mild hiccups. Distinctive strong taste due to the strong taste of nicotine.	1mg/€29 2 x 1mg (double pack)/€41
Nicotine Mini Lozenge 1.5mg, 2mg and 4mg	1.5 and 4mg (4mg if smokes within 30 mins of waking) Take 1 lozenge every 1-2 hours. Park between cheek and gum – dissolves in mouth. Do not chew or swallow.	Use as needed. Over the counter. Flexible dosing. Discrete.		Avoid food and acidic drinks before and while using.	Hiccups. Nausea/heartburn if swallowing saliva.	1.5mg €7.50/20, €21/60 4mg €7.50/20, €21/60

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