

## Stop Smoking Medications

You need a prescription from your doctor or nurse practitioner for these pills.

You need to start taking them one week before your quit date.

### **Bupropion** (Zyban®)

- Has an antidepressant effect.
- Can be combined with NRT for greater success.
- Not for people who suffer from seizures, eating disorders, or who use certain medications.

#### **Common side effects**

- Dry mouth
- Insomnia

### **Varenicline** (Champix®)

- Makes smoking less satisfying while reducing cravings and effects of nicotine withdrawal.
- Not for people under the age of 18.

#### **Common side effects**

- Upset stomach and throwing up
- Gas and constipation
- Insomnia, headache, vivid dreams

**Stop taking this medicine if you** experience mood or behaviour changes, agitation, depression, thoughts of suicide, thoughts of harming yourself or others.

Nicotine replacement therapy and medications to stop smoking can greatly increase your chances of success when you:

- ✓ Use these products and medications correctly.
- ✓ Get support to change behaviours that trigger your urge to smoke.

To get support and more information...



www.quitnow.ca



Call 1-877-455-2233



Text 'QUITNOW' to 654321

**FREE** nicotine patches or nicotine gum available to any British Columbia resident. Talk to a pharmacist.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #254975 (August 2016)  
To order: patienteduc.fraserhealth.ca

## Nicotine Replacement Therapy and Stop Smoking Medications



**All Fraser Health facilities are smoke-free, both inside and outside.**



# Options for Nicotine Replacement Therapy (NRT)

Before using any NRT, talk to doctor, nurse practitioner, or pharmacist. It could affect how other medicines work.

## Nicotine Patch

- Takes up to 4 hours to reach peak effect.
- Patch strength depends on how much you smoke. Heavier smokers might need a higher strength.
- Leave on 24 hours for continuous delivery of nicotine. (good for heavier smokers)
- Pregnant and lactating women should remove the patch at night.

### Common side effects

- Insomnia (If happens, remove patch at night. Put back on in the morning.)
- Skin rash (If happens, change where the patch is placed each day.)

## Nicotine Gum

- Takes 30 minutes to reach peak effect.
- Usually chew one piece per hour for a one pack-a-day smoker.
- No more than 20 pieces a day.
- Not like normal gum. To avoid side effects, use 'bite, bite, park' as described on the package.
- Not the best choice for people with dental problems or dentures.

### Common side effects

- Sore mouth
- Jaw pain (If happens, make sure you are using the right chewing method.)
- Heartburn, upset stomach, hiccups

## Nicotine Lozenge

- Takes 30 minutes to reach peak effect.
- Good for people with dentures or problems chewing.
- **Do not** bite, swallow, or chew.
- No more than 15 lozenges a day.
- Contains phenylalanine – Tell your doctor if you have phenylketonuria.

### Common side effects

- Sore mouth, gums
- Sore throat
- Heartburn, upset stomach, hiccups

## Nicotine Inhaler

- The fastest way to get nicotine replacement.
- Plastic cigarette-shaped mouthpiece and nicotine cartridge.
- Sucked on like a cigarette. Mimics the hand-to-mouth motion of a cigarette.
- 1 cartridge gives 4 mg. nicotine (can replace up to 2 cigarettes).

### Common side effects

- Sore mouth
- Runny nose
- Upset stomach

## Things to know

- On your quit date, reduce how much caffeine you have by half.
- 15 minutes before and after using gum, lozenge, or inhaler, do not drink coffee, tea, soft drinks, or citrus juices. These products reduce the amount of nicotine absorbed.
- While waiting for the patch to reach peak effect or to help occasional cravings, combine it with gum, lozenge, or inhaler.
- Ongoing cravings mean the patch strength could be too low. Increase strength by 7 mg.
- You might need NRT for a longer time than what the package instructions say. Remember NRT is safer than using tobacco products.
- If using the method 'reduce to quit', substitute lozenge, gum, or inhaler for cigarettes.
- If you are pregnant or breast feeding, talk to your doctor about options for quitting. These therapies for replacing nicotine are safer for you and your baby than smoking.