

# Suggestions for the Clinical Use of Pharmacotherapies for Smoking Cessation

Pharmacotherapy	Precautions/ Contraindications	Side Effects	Dosage	Duration	Availability	Cost/day <sup>b</sup>
First-line Pharmacotherapies (Approved for use for smoking cessation by the FDA)						
Bupropion SR	History of seizure History of eating disorders	Insomnia Dry mouth	150 mg every morning for 3 days then 150 mg twice daily (Begin treatment 1-2 weeks pre-quit)	7-12 weeks  maintenance up to 6 months	Zyban (prescription only)	\$3.50
Nicotine Gum		Mouth soreness Dyspepsia	1-24 cigs/day-2 mg gum (up to 24 pcs/day)  25+cigs/day-4 mg gum (up to 24 pcs/day)	Up to 12 weeks	Nicorette, Nicorette Mint, Nicorette Orange (OTC only)	Brand name: \$4.54 for 10 2 mg pieces \$5.00 for 10 4 mg pieces Store brand: \$3.00 for 10 2 mg pieces \$3.70 for 10 4 mg pieces
Nicotine Inhaler		Local irritation of mouth and throat	6-16 cartridges/day	Up to 6 months	Nicotrol Inhaler (prescription only)	\$10.95 for 10 cartridges
Nicotine Nasal Spray		Nasal irritation	8-40 doses/day	3-6 months	Nicotrol NS (prescription only)	\$5.64 for 12 doses
Nicotine Patch		Local skin reaction  Insomnia	21 mg/24 hours 14 mg/24 hours 7mg/24 hours  15 mg/16 hours	4 weeks then 2 weeks then 2 weeks  8 weeks	Nicoderm CQ, (OTC only), Generic patches (prescription and OTC)  Nicotrol (OTC only)	Brand name \$3.50 Store brand \$2.11

<sup>a</sup>The information contained within this table is not comprehensive. Please see package insert for additional information.

<sup>b</sup>Prices based on retail prices of medication purchased at a national chain pharmacy located in Madison, Wisconsin, April 2001.

Generic brands of the patch recently became available and may be less expensive.

