

Nicotine Replacement Therapy and Bupropion are effective treatments to help stop smoking. However, all products are more effective if used in combination with counseling or group classes. Talk to your health care provider if you have any questions or concerns.

For information regarding local classes call Pennsylvania's Free Quitline: 800.Quit.Now (880.784.8669)

Q: My doctor recommended that I take an antidepressant to quit smoking. Won't this change my personality?

A: When used for smoking, these medications are not expected to change your emotions. While you are taking them, you should not expect to feel any different than you normally would when not medicated. These medications are used simply to prevent cravings after you stop smoking.

Q: Is it safe to use more than one of these medications at a time?

A: Under a doctor's direction, it is safe to use several of these medications in combination. Your doctor may recommend more than one, because together they can be more effective than alone.

Comprehensive Smoking Treatment Program Locations

Penn Presbyterian Medical Center
Philadelphia Heart Institute, First Floor
51 N. 39th Street
Philadelphia, PA 19104

Perelman Center for Advanced Medicine
West Pavilion, First Floor
3400 Civic Center Boulevard
Philadelphia, PA 19104

Contact Us

For an appointment or more information about quitting or quit smoking programs, please call 888.PENN.STOP (888.736.6786).

Additional Resources

Pennsylvania's Free Quitline
800.QUIT.NOW (800.784.8669)

Smoke Free Philly Quitline
215.683.LIVE

Sponsored by the Comprehensive Smoking Treatment Program, University of Pennsylvania, Penn Presbyterian Medical Center.



Penn Medicine

800.789.PENN PennMedicine.org

Penn Lung Center

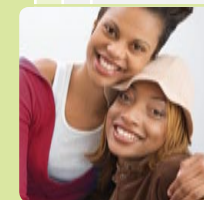


Penn Medicine

QUIT SMOKING Comfortably



Clarifying myths about medications to help you stop smoking



Nicotine Patch

- » Helps to prevent cravings
- » Available in 21mg, 14mg, 7mg
- » Generally start with 21 mg if smoking more than 10 cigarettes/day

ADVANTAGES

- » Easy to use
- » Provides steady dose of nicotine for 24 hours

POSSIBLE SIDE EFFECTS

- » Skin irritation can occur
- » Difficulty sleeping

TIPS

- » Change patch every morning and use a different site every day
- » If you have trouble sleeping, remove before bedtime

AVAILABILITY

- » Nicoderm CQ
- » Generic Patches

Nicotine Gum or Lozenge

- » Helps treat sudden onset of cravings
- » Available in 2mg and 4mg
- » Can be used in combination with the patch

- » Used regularly in response to cravings
- » Flexible dose based on your cravings
- » Helps control weight gain

- » Very few side effects if used correctly
- » Some patients may experience: mouth soreness, hiccups, and heartburn

- » Gum should be chewed until soft and parked between the cheek and gums
- » Lozenge should be parked under the tongue

- » Nicorette
- » Nicorette Mint
- » Nicorette Orange
- » Commit Lozenge

Nicotine Inhaler

- » Helps sudden onset on cravings
- » Each cartridge delivers 4mg of nicotine, approx. 80 “puffs”

ADVANTAGES

- » Used regularly in response to cravings
- » Flexible dose based on your cravings

POSSIBLE SIDE EFFECTS

- » Cough if inhaled too deeply

TIPS

- » To avoid side effects, proper technique is important
- » Do not inhale. Puff on inhaler until you feel a burning sensation in back of your throat

AVAILABILITY

- » Nicotrol Inhaler

Bupropion SR

- » Helps reduce cravings
- » Begin treatment 7-10 days before Quit Date
- » Day 1 — 3: 1 tablet every morning
- » Day 4 — end: 1 tablet twice daily

- » Can be combined with NRT
- » Reduces urge to smoke

- » Difficulty sleeping
- » Vivid dreams
- » Dry mouth
- » Agitation

- » If you have trouble sleeping, try taking second pill earlier in the evening (i.e., after dinner)
- » Dry mouth and agitation usually go away after a few days

- » Zyban
- » Wellbutrin
- » Generic Bupropion

Varenicline

- » Partially stimulates nicotine receptors in the brain while blocking cigarette's effect

- » Reduces urge to smoke
- » May reduce withdrawal symptoms and minimize reinforcement of continued smoking

- » Nausea
- » Headache
- » Insomnia
- » Abnormal dreams

- » Take with food and/or water to reduce nausea

- » Chantix

Q: What is Nicotine Replacement Therapy (NRT)?

A: Nicotine Replacement Therapy is an alternative way of delivering nicotine to the brain. It comes in several forms that can be used alone or in combination. NRT provides a safe, non-addictive way of relieving cravings while you quit.

Q: Isn't it better not to have nicotine in my body?

A: Nicotine is not the harmful part of a cigarette. The thousands of other toxins present in tobacco smoke are the dangerous parts. If you temporarily substitute a safe form of nicotine for cigarette smoke, your body can adjust to not smoking in a safe way. In fact, NRT is always safer than smoking.

Q: Won't I become addicted to the patch?

A: Addiction is not just about the presence of nicotine, but about how fast it gets to the brain. It takes just a few seconds for the nicotine from a cigarette to reach the brain. Without this peak, you cannot become addicted.

Q: I heard that the gum does not work. Is that true?

A: When the gum is not as effective as it can be, it is usually for one of two reasons. First, if you are using it like chewing gum, it will not work. It has to be placed between the cheek and gum for the nicotine to be absorbed. Second, don't be afraid to use enough. In the first few weeks of quitting, you can use 1 piece every hour.

Q: If I smoke a cigarette while wearing the patch, will I have a heart attack?

A: No. An accidental cigarette while wearing the patch is not enough to cause health problems. If you happen to smoke a cigarette, don't take the patch off. This may be a sign that a higher NRT dose is necessary.

Q: If the inhaler imitates the hand-to-mouth behavior, won't using it make it harder to break the habit?

A: For most people, it is not the hand-to-mouth behavior that keeps them smoking, it is the nicotine. The biggest advantage of the inhaler is its ability to supply just the right amount of nicotine whenever you need it. The inhaler works best when you use it at the beginning of a craving.