

# MEDICATIONS FOR TREATING TOBACCO DEPENDENCE

Recommended and "Off-Label" Use

Considerations

Medication

## NICOTINE REPLACEMENT THERAPY – FDA APPROVED 1<sup>ST</sup> LINE MEDICATIONS

Medication	Pros and Cons	Considerations	Recommended Usage
<p><b>All NRT Products</b></p>	<ul style="list-style-type: none"> <li>+ No new substance introduced</li> </ul>	<p><b>Med Interactions:</b> Bupropion, caffeine, ergots, insulin, some antipsychotics  <b>Contraindications / Warnings:</b> MI &lt; 6 weeks ago, serious CV disease (e.g., arrhythmias, unstable angina), pregnancy, uncontrolled HTN, uncontrolled DM  <b>Side Effects:</b> vivid dreams, insomnia, application site reactions, diarrhea / dyspepsia / nausea, dizziness, headache, treatment emergent HTN</p>	<ul style="list-style-type: none"> <li>• Stop tobacco</li> <li>• 9 - 12 weeks standard</li> </ul> <p><b>"Off Label" Trends</b></p> <ul style="list-style-type: none"> <li>• Start 1-2 weeks prior to quit date</li> <li>• Combo with other NRT or Bupropion; possibly varenicline</li> <li>• Can use &gt; 12 weeks (6 mo, possibly longer)</li> </ul>
<p><b>Nicotine Transdermal Patch</b> (Nicoderm, Nicotrol, Habitrol)</p>	<ul style="list-style-type: none"> <li>+ Simplest to use</li> <li>+ OTC, Relatively low cost</li> <li>+ Best adherence: once daily</li> <li>+ Steady, high plasma levels</li> <li>- 1-2 hours to achieve blood levels</li> <li>- Fewer dosing options</li> <li>- Max dose may be insufficient</li> </ul>	<p><b>Med Interactions:</b> (see "All NRT")  <b>Contraindications / Warnings:</b> (see "All NRT")  <b>Side Effects:</b> (see "All NRT"), skin rash  <b>Other:</b> Membrane version may yield fewer skin-related side effects than non-membrane version, but may cost more; Can be taken off at night if disrupts sleep</p>	<p><b>Recommended Usage</b> (see "All NRT")</p> <ul style="list-style-type: none"> <li>• 1 per day, on awakening</li> <li>• Start at 21mg unless &lt;100 lbs or &lt;10 cpd</li> <li>• Below neck, above waist, above elbow; shift site each day</li> <li>• Remove at bedtime if sleep is disturbed</li> <li>• If patch does not stick – use surgical tape; Ace bandage</li> </ul> <p><b>"Off Label" Trends</b> (see "All NRT")</p> <ul style="list-style-type: none"> <li>• &lt;15 cpd: 14mg; 15-20: 14-21mg</li> <li>• 21-39 cpd: 28-35 mg; 40+ cpd: 42mg</li> <li>• Cut (Habitrol) or partially cover (membrane) to adjust delivery</li> <li>• Can use &gt; 12 weeks (6 mo, longer?)</li> </ul>
<p><b>Nicotine Polacrilex Gum</b> (Nicorette)</p>	<ul style="list-style-type: none"> <li>+ Flexible dosing / use prn</li> <li>+ OTC, Various flavors, Oral substitute</li> <li>+ Good for 'irregular' smoker</li> <li>+ Non-stick, sugarless</li> <li>- Insufficient use is common</li> <li>- Chewing increases S/E's</li> <li>- Costly as monotherapy</li> <li>- Minor dependence liability</li> </ul>	<p><b>Med Interactions:</b> (see "All NRT")  <b>Contraindications / Warnings:</b> (see "All NRT")  <b>Side Effects:</b> (see "All NRT"), oral sores, jaw muscle ache  <b>Other:</b> should not be chewed vigorously</p>	<p><b>Recommended Usage</b> (see "All NRT")</p> <ul style="list-style-type: none"> <li>• 2 mg (≤ 24 cigs per day); 4 mg (25+ cigs per day)</li> <li>• No food or drink before or while using</li> <li>• Chew and park for 30 minutes</li> <li>• 1 piece per 45 min - 2 hrs, max 24 / day</li> <li>• 12 weeks</li> </ul> <p><b>"Off Label" Trends</b> (see "All NRT")</p> <ul style="list-style-type: none"> <li>• Cut 4mg in half to save money</li> <li>• Can taper</li> <li>• Use prn with pregnant smokers</li> </ul>
<p><b>Nicotine Inhaler</b> (Nicotrol)</p>	<ul style="list-style-type: none"> <li>+ Flexible dosing / use prn</li> <li>+ Oral substitute most like cigarette</li> <li>+ Lower level of delivery, Good for 'irregular' / low rate smoker</li> <li>- Requires frequent puffing</li> <li>- Costly, Prescription only</li> </ul>	<p><b>Med Interactions:</b> (see "All NRT")  <b>Contraindications / Warnings:</b> (see "All NRT"), caution with reactive airway disease  <b>Side Effects:</b> (see "All NRT"), throat/mouth irritation, coughing, rhinitis</p>	<p><b>Recommended Usage</b> (see "All NRT")</p> <ul style="list-style-type: none"> <li>• 6 - 16 cartridges / day</li> <li>• 12 weeks; optional additional 6-12 weeks</li> <li>• Puff into mouth; do not inhale</li> <li>• 1 cartridge yield 20 min of puffing</li> <li>• Cartridge good for 24 hr once opened</li> <li>• Stop if not quit in 4 weeks</li> </ul> <p><b>"Off Label" Trends</b> (see "All NRT")</p>