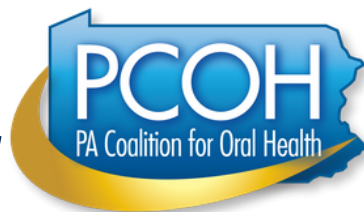


PHARMACOTHERAPY QUICK GUIDE IN TOBACCO/NICOTINE TREATMENT



SHORT-ACTING PRODUCTS

**Combining a short-acting NRT (Nicotine Replacement Therapy) with a long acting NRT is more effective than using a single type of NRT*

Gum 2mg, 4mg	Dose: 1 piece every 1-2 hours Max daily dose: 24 pieces	Duration: 6-14 weeks
Lozenges 2mg, 4mg	Dose: 1 lozenge every 1-2 hours Max daily dose: 20 pieces	Duration: 12 weeks
Nicotrol® NS 10 mg/ml	Dose: 1-2 doses intranasally per hour Max daily dose: 5 doses/hr or 40 doses/day	Duration: 3-6 months
Nicotrol® Inhaler 2mg, 4mg	Dose: 6-16 cartridges/day Max daily dose: 16 cartridges/day	Duration: 3-6 months

LONG-ACTING PRODUCTS

Patch 7 mg, 14 mg, 21 mg	Dose: 1 patch every 24 hours 21 mg patch if \geq 10 cigarettes/day 14 mg patch if $<$ 10 cigarettes/day	Duration: 6-14 weeks
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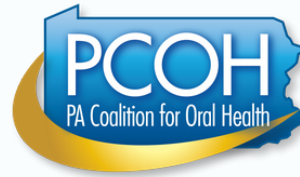
BUPROPION SR (ZYBAN®WELLBUTRIN SR®)

150 mg tablets	Dose: Day 1-3: 150 mg once daily Day 4+: 150 mg twice daily Max: 300 mg/daily	Duration: 12 weeks
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VARENICLINE (CHANTIX®)

0.5 mg, 1 mg tablets	Dose: Day 1-3: 0.5 mg once daily Day 4-7: 0.5 mg twice daily Day 8+: 1 mg twice daily Continuing Month Pack: 1 mg twice daily Max: 2 mg/daily	Duration: 12 weeks* <i>*If quit at 12 weeks, consider 12 more weeks of drug</i>
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5 As OF TOBACCO/ NICOTINE INTERVENTION



ASK ABOUT TOBACCO/NICOTINE USE AT EVERY VISIT

- Implement an office system that ensures that, for every patient at every visit, tobacco/nicotine-use status is queried and documented

ADVISE ALL TOBACCO/NICOTINE USERS TO QUIT

- "I strongly advise you to quit smoking and I can help you."

ASSESS READINESS TO QUIT

- Ask every tobacco/nicotine user if they are willing to make a quit attempt at this time:
 - If they are ready and willing to quit, provide assistance (see below)
 - If they are NOT ready or willing to quit, provide motivational intervention and let them know resources are available when/if they are ready

ASSIST TOBACCO/NICOTINE USERS IN QUITTING

- Provide brief counseling:
 - Reasons to quit
 - Barriers to quitting
 - Lessons from past quit attempts
 - Set a quit date, if they are ready
 - Enlist social support
- Recommend use of combination or single pharmacotherapy (patch, gum, lozenge, nasal spray, inhaler, bupropion, or varenicline) unless contraindicated
- Be aware of insurance coverage; many health plans cover some or all medications
- Provide supplementary educational materials

ARRANGE FOLLOW-UP

- Refer to PA Free Quitline **1-800-QUIT-NOW** or visit pa.quitlogix.org for proactive calls to assess and arrange treatment
- At subsequent visits, review patient follow-up report from PA Free Quitline; congratulate success and encourage maintenance
- If tobacco/nicotine use has occurred
 - Ask for recommitment to total abstinence
 - Review circumstances that caused lapse
 - Use lapse as learning experience
 - Assess pharmacotherapy use and problems
- Consider referral to more intensive treatment

**For more information:
Call 1-800-QUIT-NOW
or visit
PA.QUITLOGIX.ORG**