

Over-the-Counter Nicotine Replacement Therapy

Over-the-Counter	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
<p>Nicotine Gum</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Nicorette® • Nicorette DS® • Nicorette® Mint 	<ul style="list-style-type: none"> • Chew gum slowly until mouth tingles. Nicotine released from the product is absorbed through your gum and cheek. • “Park” nicotine gum between your cheek and gum. • When the tingling goes away, chew again until mouth tingles. • Repeat chew and park steps as directed on package label. 	<p>Take smaller and smaller doses over about 2 to 3 months</p>	<ul style="list-style-type: none"> • Mouth soreness • Hiccups • Indigestion • Jaw ache 	<ul style="list-style-type: none"> • Severe mouth soreness • Severe jaw ache • Nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat
<p>Nicotine Patch</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Habitrol® • Nicotrol® • Nicoderm CQ® • Prostep® 	<ul style="list-style-type: none"> • Apply patch to skin. Nicotine released from patch is absorbed through skin. • Wear 1 patch for length of time as directed on package label. • Apply new patch to different area of skin. • Wash hands after applying patch to avoid getting nicotine in eyes and nose. 	<p>Take smaller and smaller doses over about 2 months</p>	<ul style="list-style-type: none"> • Local skin irritation (skin redness, rash or swelling) • Insomnia 	<ul style="list-style-type: none"> • Skin redness, swelling or rash that doesn’t go away after 4 days • Nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat
<p>Nicotine Lozenge</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Commit® 	<ul style="list-style-type: none"> • Allow lozenge to dissolve between gum and cheek. Nicotine released from lozenge is absorbed through the cheek and gum. • Use only 1 lozenge at a time. Don’t use more than 5 lozenges in 6 hours, or more than 20 lozenges in 1 day. Using too many lozenges can cause side effects (see list). 	<p>Take smaller and smaller doses over about 3 months</p>	<ul style="list-style-type: none"> • Heartburn • Hiccups • Nausea • Headache • Coughing • Dry mouth • Mouth sores 	<ul style="list-style-type: none"> • Severe nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat

Note: The American Lung Association is neither the manufacturer nor the seller of these products and takes no responsibility with respect to them. Be sure to use any of these products only as prescribed and/or according to the labeling. As with any medication, talk to your health care provider for more information.

Prescription Nicotine Replacement Therapy

Prescription Only	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
<p>Nicotine Inhaler</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Nicotrol Inhaler® 	<ul style="list-style-type: none"> • Puff gently on inhaler. Nicotine released from inhaler is absorbed through the lining of the mouth and throat. • Hold inhaled vapor in mouth for a few seconds. Then blow it out. Do not inhale vapor into the lungs. • Follow doctor's instructions about how many inhaler cartridges to use and how to taper off. 	<p>Use for up to 6 months; take smaller doses over about 3 months</p>	<ul style="list-style-type: none"> • Mouth irritation • Throat irritation • Coughing • Runny nose 	<ul style="list-style-type: none"> • Severe mouth irritation • Severe throat irritation • Nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat
<p>Nicotine Nasal Spray</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Nicotrol® NS 	<ul style="list-style-type: none"> • Spray once in each nostril. Nicotine released from spray is absorbed through the lining of the nasal passages. • Follow detailed instructions on the packaging for how to apply the spray. • Don't inhale, sniff or swallow when spraying. • Don't use the spray if you have allergies, asthma, or a nasal or sinus condition. • Follow doctor's instructions about how many times to spray during the day and how to taper off. 	<p>Use for 3 to 6 months</p>	<ul style="list-style-type: none"> • Moderate to severe nasal irritation (persistent sneezing, coughing, or runny nose and watery eyes), especially in the first 2 days of use • Nasal congestion • Temporary changes in the sense of taste and smell • A hot, peppery sensation in the nose or throat 	<ul style="list-style-type: none"> • History of nasal irritation • History of sinus allergies • Severe persistent sneezing, coughing, or runny nose and watery eyes while using nicotine nasal spray after the first 2 days • Nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat

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Prescription Quit-Smoking Medications

Prescription Only	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
<p>Bupropion SR</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Zyban® 	<ul style="list-style-type: none"> • Take according to doctor's instructions. • Does not contain nicotine. • Reduces withdrawal symptoms and urges. • May be combined with a nicotine replacement product, such as the nicotine patch or gum, to increase the user's chances of quitting successfully. 	<p>Start 2 weeks before you quit, then take for 2 to 6 months</p>	<ul style="list-style-type: none"> • Skin rash • Insomnia • Dry mouth • Shakiness • Nervousness • Seizure 	<ul style="list-style-type: none"> • Allergy to bupropion • Rash • Hives • Difficulty breathing • Alcohol use. This must be discussed with your doctor before taking bupropion

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Prescription Quit-Smoking Medications

Prescription Only	How to Use It	Length of Treatment	Identified Side Effects	Safety Information	Stop Use and Consult a Doctor
<p>Varenicline</p> <p>Brand names include:</p> <ul style="list-style-type: none"> • Chantix® • Champix® 	<ul style="list-style-type: none"> • Full prescribing information is available here: http://media.pfizer.com/files/products/uspi/chantix.pdf • Prescription pill taken according to doctor's instructions. • Does not contain nicotine. 	<ul style="list-style-type: none"> • Reduces the urge to smoke. • Inform your doctor about all medications you take, especially asthma medicines, insulin, and blood thinners. • Take for a total of 12 weeks; start 1 week before you quit. 	<ul style="list-style-type: none"> • Nausea • Changes in dreaming • Constipation • Gas • Vomiting 	<p>Some people have had changes in behavior, hostility, agitation, depressed mood, suicidal thoughts or actions while using CHANTIX to help them quit smoking. Some people had these symptoms when they began taking CHANTIX, and others developed them after several weeks of treatment or after stopping CHANTIX. If the CHANTIX patient, their family or caregiver notice any of these symptoms or behaviors, they should stop taking CHANTIX and call their doctor right away.</p> <p>Patients should not take CHANTIX if they've had a serious allergic or skin reaction to it. If they develop serious allergic or skin reactions, including swelling of the face, mouth, throat, or a rash, they should stop taking CHANTIX and see their doctor right away as some of these can be life-threatening.</p> <p>Until the patient knows how CHANTIX affects them, they should use caution when driving or operation machinery. Common side effects include nausea, trouble sleeping and unusual dreams, constipation, gas and vomiting.</p>	<p><i>If troubled by the identified side effects, talk with your doctor about reducing the dose.</i></p>

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