

COMPARISON OF CURRENT PHARMACOTHERAPY FOR NICOTINE DEPENDENCE TREATMENT*

Product	Nicotine Patch		Nicotine Gum	Nicotine Lozenge	Nicotine Nasal Spray	Nicotine Inhaler	Bupropion HCl SR Tablet	Varenicline Tablet
Brand Names	NICOTROL®	NICODERM CQ® generic	NICORETTE® generic	COMMIT®	NICOTROL® NS	NICOTROL® INHALER	ZYBAN® generic	CHANTIX™
Availability	OTC		OTC	OTC	Rx	Rx	Rx	Rx
Product Strengths	15 mg	21 mg 14 mg 7 mg	2 mg (for smokers of < 24 cigarettes/day) 4 mg (for smokers of > 25 cigarettes/day)	2 mg (for those who start smoking after 30 minutes of waking) 4 mg (for those who start smoking within 30 minutes of waking)	10 mg / ml	10 mg / cartridge (2mg absorbed/cartridge)	150 mg	0.5 mg and 1 mg
Initial Dosing	1 patch / 16 hours (remove at night)	1 patch / 24 hours	1 piece / 1 or 2 hours	1 lozenge / 1 or 2 hours	1-2 doses / hour (1 dose = 2 sprays or 1 per nostril)	6-16 cartridges / day	150mg / day (days 1-7****)	0.5 mg once daily (days 1-3) 0.5 mg twice daily (days 4-7)
Maximum Dosing	Same as above		24 pieces / 24 hours	5 lozenges / 6 hours or 20 lozenges/day	5 doses / hour or 40 doses/day	16 cartridges / day	300mg / day (days 8+)	1 mg twice daily (day 8 – End of treatment)
Time to Peak Plasma Level	5-10 hours		20-30 minutes	20-30 minutes	5-7 minutes	15 minutes	3 hours	3 – 4 hours
Recommended Treatment Duration	10 weeks (2-6 weeks per dose level)	8-10 weeks (2-4 weeks per dose level)	8-12 weeks	12 weeks	3-6 months	Up to 6 months, taper during final 3 months	7-12 weeks (In special circumstances, may take for up to 6 months)	12 weeks (An additional 12 weeks can be prescribed for patients who have successfully stopped smoking at the end of 12 weeks.)
Adverse Reactions	<ul style="list-style-type: none"> Mild skin reaction (Rotate and use steroid cream or try a different brand.) 	<ul style="list-style-type: none"> Mild skin reaction (Rotate and use steroid cream or try a different brand.) Vivid dreams, sleep disturbances (Remove at bed time. Note that dose will be lower if removed.) 	<ul style="list-style-type: none"> Mouth soreness Hiccups Dyspepsia Mild, transient jaw ache (Correct technique.) 	<ul style="list-style-type: none"> Headaches Insomnia Nausea if swallowed or chewed (Correct technique.) 	<ul style="list-style-type: none"> Dependence potential Local transient irritation in nose, throat and eyes (Resolved through regular use.) 	<ul style="list-style-type: none"> Mouth and throat irritation (Resolved through regular use.) Dyspepsia 	<ul style="list-style-type: none"> Dry mouth; Insomnia (Avoid use at bedtime.) Shakiness Skin rash 	<ul style="list-style-type: none"> Nausea Headache Insomnia Abnormal dreams
Cautions and Contraindications	Cautions: Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers. Contraindications: Severe eczema or other skin disease; allergy to adhesive tape.		Cautions: Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers. Contraindications: Severe TMJ disease or other jaw problems; presence of dentures or other dental appliances.	Cautions: Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers.	Cautions: Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers. Contraindications: Asthma; rhinitis; nasal polyps; sinusitis.	Cautions: Pregnancy, 2-week post myocardial infarction, serious arrhythmia or serious angina, peptic ulcers. Contraindications: Allergy to menthol.	Contraindications: Seizure disorder; current use of Wellbutrin/bupropion; current or prior bulimia or anorexia nervosa; current or recent use of MAO inhibitors; bupropion allergy.	Cautions: Pregnancy and severe renal impairment.
Approximate Price**	\$128 total, \$2.28/day		\$368 total, \$4.38/day	\$465 total, \$5.54/day	\$631 total, \$6.44/day	\$859 total, \$5.12/day	\$190 total, \$2.18/day	\$336 total, \$4.00/day
Instructions for Use	Stop all tobacco use prior to treatment. Apply 1 patch to healthy, clean, dry, hairless skin such as upper arm or hip. Remove and replace daily. Some brands are for 24-hour wear; some are for day-time wear only. Remove 2 hours before prolonged strenuous exercise.		Stop all tobacco use prior to treatment. Bite gum slowly until you notice a peppery taste and a slight tingle. Then park between your cheek and gum. When taste and tingle fade, bite until it starts working again, then park in another part of your mouth. Continue for 30 minutes.	Stop all tobacco use prior to treatment. Allow lozenge to dissolve slowly over 20-30 minutes without chewing or swallowing. Occasionally move the lozenge from one side of your mouth to the other.	Stop all tobacco use prior to treatment. Blow nose if it is not clear. Tilt head back slightly. Insert tip of bottle as far into nostril as is comfortable. Breathe through mouth. Spray once in each nostril. Do not sniff or inhale while spraying. If nose runs, gently sniff to keep spray in nose. Wait two or three minutes before blowing nose.	Stop all tobacco use prior to treatment. Pull off the top of the mouthpiece. Press one cartridge firmly into bottom of mouthpiece until seal breaks. Replace top. Align marks to close. Inhale a short breath to the back of mouth or puff in short breaths. Do not inhale to lungs. The nicotine in a cartridge lasts for about 20 minutes of active puffing.	Start using bupropion one to two weeks before quitting tobacco use. Take 1 tablet orally (150 mg) each morning for 7 days.*** Then take a tablet each morning and another each evening.	Start using CHANTIX one week before quitting tobacco use. CHANTIX should be taken after eating and with a full glass of water. Days 1 – 3, take one 0.5 mg tablet once daily. Days 4 – 7, take 0.5 mg tablet twice daily. Day 8 – end of treatment, take 1 mg tablet twice daily.

* Inclusion of this adult dosage chart is strictly for the convenience of the prescribing provider. Please consult the Physicians' Desk Reference or the product manufacturer for complete product information and contraindications. ** Prices are based on those found at www.drugstore.com (Rite Aid) in September 2006 and were calculated from the midpoint of the highest and lowest recommended dosages. The price/day is averaged across the full regimen. All prices are based on the generic brand except the lozenge, nasal spray and inhaler, which are not yet available in generic form. By comparison, the average price of cigarettes in Utah is \$4.09/pack.4 ***Package insert says 1 tablet a day for 3 days. Seven-day instructions are an off-label suggestion to avoid side effects.