

## SMOKING CESSATION AIDS

TYPE	PROS	CONS	COMMENTS
<b>Nicotine patch</b> <ul style="list-style-type: none"> <li>• <i>Nicoderm CQ</i></li> <li>• <i>Nicotrol</i></li> <li>• <i>Nicotine transdermal patch (generic)</i></li> </ul>	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Applied once daily</li> <li>• Few side effects</li> <li>• Available without a prescription</li> </ul>	<ul style="list-style-type: none"> <li>• Slow onset of delivery</li> <li>• Side effects: skin irritation and insomnia, headache</li> </ul>	<ul style="list-style-type: none"> <li>• Patch strength chosen based on number of cigarettes smoked per day</li> <li>• Dose decreased over time by tapering to lower strength patch</li> <li>• May need to be used for up to 4 months</li> </ul>
<b>Nicotine gum</b> <ul style="list-style-type: none"> <li>• <i>Nicorette</i></li> </ul>	<ul style="list-style-type: none"> <li>• Convenient</li> <li>• Faster delivery of nicotine than patches</li> <li>• Flexible dosing</li> <li>• Available without a prescription</li> </ul>	<ul style="list-style-type: none"> <li>• Cannot eat or drink while gum is in mouth</li> <li>• Need to use often</li> <li>• Side effects: mouth soreness, heartburn, nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Not appropriate for people with dental or jaw problems</li> <li>• Do not chew: gum should be bitten and placed between cheek and gum</li> <li>• Can chew up to 24 pieces of gum per day</li> <li>• Can be used up to 12 weeks</li> </ul>
<b>Nicotine Nasal Spray</b> <ul style="list-style-type: none"> <li>• <i>Nicotrol NS</i></li> </ul>	<ul style="list-style-type: none"> <li>• Fastest delivery of nicotine</li> <li>• Reduces cravings within minutes</li> <li>• Can be used in response to stress or urges to smoke</li> </ul>	<ul style="list-style-type: none"> <li>• Need to use often</li> <li>• Prescription only</li> <li>• After using, need to wait 5 minutes before driving</li> <li>• Side effects: nose or eye irritation(usually disappear within 1-2 weeks)</li> </ul>	<ul style="list-style-type: none"> <li>• Do not sniff. - Take a deep breath, hold it, spray once into each nostril and exhale through the mouth.</li> <li>• 8-40 doses/day</li> <li>• Can be used up to 3-6 months</li> </ul>
<b>Nicotine Inhaler</b> <ul style="list-style-type: none"> <li>• <i>Nicotrol Inhaler</i></li> </ul>	<ul style="list-style-type: none"> <li>• Mimics hand to mouth behavior of smoking</li> <li>• Few side effects</li> <li>• Faster delivery than patches</li> </ul>	<ul style="list-style-type: none"> <li>• Need to use often</li> <li>• Prescription only</li> <li>• May not break habit of using cigarettes</li> <li>• Side effects: mouth or throat irritation (may take 1 week to get used to)</li> </ul>	<ul style="list-style-type: none"> <li>• Puffing must be done more often than with cigarettes, but you do not need to inhale deeply</li> <li>• 1 cartridge = 80 long puffs and 20 minutes of use</li> <li>• Minimum of 6 cartridges/day is needed for 3-6 weeks, then you can start tapering off</li> </ul>
<b>Sustained-release bupropion</b> <i>Zyban</i>	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Pill form</li> <li>• Few side effects</li> </ul>	<ul style="list-style-type: none"> <li>• Should not be used by people with eating disorders or seizure disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Acts on brain chemistry to cause some of the same effects that nicotine causes</li> </ul>

<ul style="list-style-type: none"> <li>• May help with depression</li> <li>• Can start 1-2 weeks before quitting</li> </ul>	<ul style="list-style-type: none"> <li>• Prescription only</li> <li>• Side effects: insomnia, dry mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Can be used in combination with patches</li> <li>• Should use for 7-12 weeks and can be used up to 6 months</li> </ul>
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### A COMPARISON OF SMOKING CESSATION PRODUCTS

<b>OVER THE COUNTER</b>				<b>PRESCRIPTION ONLY</b>			
PRODUCT	NICORETTE	NICOTROL	NICODERM CQ	HABITROL	NICOTROL NS	NICOTROL INHALER	BUPROPRION SR (ZYBAN)
Dosage Form	Gum	Transdermal - 16 hrs.	Transdermal - 16 or 24 hrs.	Transdermal - 24 hrs.	Nasal Spray	Oral Inhaler	Oral Sustained Release 150 mg Tablet
Manufacturer	SmithKline Beecham	McNeil Consumer Products	SmithKline Beecham	Basel/Ciba-Geigy	McNeil Consumer	McNeil Consumer Products	Glaxo Wellcome
Dosing	2 mg: < 25 cigarettes/day 4 mg: > 25 cigarettes/day weeks 6: 1 piece q 1-2 hrs. weeks 3: 1 piece q 2-4 hrs. weeks 3: 1 piece q 4-8 hrs. • <b>Do Not Exceed 24 pieces/day</b> 1. STOP ALL SMOKING 2. Chew, Chew, "Park" between cheek and gums 1-5 minutes 3. Repeat - Use one piece no longer than 30 minutes 4. Park in different areas 5. No acidic food/beverages before & during use	<u>15 mQ x 6 weeks</u> • Remove before sleep • No tapering of dose Only releases for 16 hours <u>&lt; 10 cigarettes/day:</u> • NOT INDICATED	<u>&gt; 10 cigarettes/day:</u> • 21 mg x 6 weeks • 14 mg x 2 weeks • 7 mg x 2 weeks <u>&lt; 1 cigarettes/day:</u> • 14 mg x 6 weeks • 7 mg x 2 weeks May wear patch for 16 or 24 hours	> 100 lbs., > 10 cigarettes/day and NO <u>cardiovascular disease</u> • 21 mg x 6 weeks • 14 mg x 2-4 weeks • 7 mg x 2-4 weeks < 100 lbs., < 10 cigarettes/day, or <u>cardiovascular disease</u> • 14 mg x 6 weeks • 7 mg x 2-4 weeks	1 to 2 0.5 mg sprays in each nostril/hour • gradually ↓ rate over 6-8 weeks • Do not exceed: 5 sprays/hour or 40 sprays/day	6 to 16 cartridges/day • individualize dosing • best effects with continuous puffing for 20 minutes • an open cartridge is good for only 1 day <u>must use minimum of 6 cartridges/day for at least 3 to 6 weeks, then:</u> • continue for 3 months • taper for next 6 to 12 weeks • not to exceed 6 months of use	150mg ODAY for 3 days, then increase to 150mg BID • set quit date at 1 to 2 weeks into Zyban therapy • continue for 7 to 12 weeks • NOT to exceed 300 mg/day • treatment > 3 months generally NOT necessary • dose tapering NOT recommended • can be used with nicotine replacement products
Treatment	~ 12 weeks	~6 weeks	~10 weeks	~12 weeks	~12 weeks	~18 to 24 weeks	~8 to 12 weeks

Duration (Maximum Recommended)	(Some less)	(Some longer)	(Some less)	(Some less)	(Some less)		
Costs (AWP) 1997 Redbook	2 mg starter (48) \$27.80 refill (108) \$47.91 4 mg starter (48) \$31.29 refill (108) \$53.91	15 mg (7) \$24.71 15 mg (14) \$44.40	7 mg (7) \$27.80 14 mg (7) \$27.80 21 mg (7) \$27.80 21 mg (7) \$27.80 (14) \$47.91	7 mg (30) \$109.60 14 mg (30) \$115.70 21 mg (30) \$121.75	10 ml \$36.00	Available 1/98	150 mg #60 tablets \$76.44
Nicotine Release Mechanism	Ion exchange resin, releases when chewing, not if swallowed	Adhesive containing rate controlling membrane Concentration gradient	Discrete rate controlling membrane Diffusion control membrane	Rate limiting membrane Concentration gradient	N/A	N/A	N/A

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<b>PRODUCT</b>	<b>NICORETTE</b>	<b>NICOTROL</b>	<b>NICODERM CQ</b>	<b>HABITROL</b>	<b>NICOTROL NS</b>	<b>NICOTROL INHALER</b>	<b>BUPROPRION SR (ZYBAN)</b>
Patient Information Provided	<ul style="list-style-type: none"> <li>• 'Committed Quitters Program'</li> <li>• Toll-free support number</li> <li>• Booklet</li> <li>• Audiotape</li> <li>• Tips for quitting support</li> </ul>	<ul style="list-style-type: none"> <li>• "Pathways to Change Program materials</li> <li>• Toll-free support number</li> <li>• Booklet</li> <li>• Audiotape</li> <li>• Tips for quitting</li> </ul>	<ul style="list-style-type: none"> <li>• "Committed Quitters Program"</li> <li>• Toll-free support number</li> <li>• Booklet</li> <li>• Audiotape</li> <li>• Tips for quitting</li> </ul>	<ul style="list-style-type: none"> <li>• "Patient Support Kit"</li> <li>• Cassette</li> <li>• Information booklet</li> <li>• Guide for family/friends</li> <li>• Rx refill stickers</li> </ul>	<ul style="list-style-type: none"> <li>• 'Pathways to Change' materials</li> <li>• Toll-free support number</li> <li>• Booklet</li> <li>• Audiotape</li> <li>• Tips for quitting</li> </ul>	<ul style="list-style-type: none"> <li>• "Pathways to Change" materials</li> <li>• Toll-free support number</li> <li>• Booklet</li> <li>• Audiotape</li> </ul>	<ul style="list-style-type: none"> <li>• 'Advantage Plan'</li> <li>• Toll-free support number</li> <li>• Booklet</li> <li>• Tips for quitting-</li> </ul>
Common Side Effects	<ul style="list-style-type: none"> <li>• Jaw soreness</li> <li>• Hiccups</li> <li>• Nausea/vomiting</li> <li>• From incorrect chewing technique: <ul style="list-style-type: none"> <li>-Headache</li> <li>-mouth/throat soreness</li> <li>-bad taste</li> <li>-indigestion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Local cutaneous reactions (erythema, pruritus, edema)</li> <li>• Cutaneous hypersensitivity</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep disturbances/abnormal (24 hr. use)</li> <li>• Local cutaneous reactions (erythema, pruritus, edema)</li> <li>• Cutaneous hypersensitivity</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Sleep disturbances/abnormal (24 hr. use)</li> <li>• Local cutaneous reactions (erythema, pruritus, edema)</li> <li>• Cutaneous hypersensitivity</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Hot/peppery sensation in nose/throat</li> <li>• Sneezing</li> <li>• Coughing</li> <li>• Watery eyes</li> <li>• Runny nose</li> </ul>	<ul style="list-style-type: none"> <li>• Local irritation of throat and mouth</li> <li>• Bad taste in mouth</li> <li>• Coughing</li> <li>• Rhinitis</li> <li>• Hiccups</li> <li>• Dyspepsia</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• SEIZURES - risk 1 per 1000</li> <li>• Dry mouth</li> <li>• Insomnia</li> <li>• Nervousness/Difficulty concentrating</li> <li>• Rash</li> <li>• Constipation</li> </ul>
Pregnancy Category	C (risk cannot be ruled out)	D (evidence of risk)	D (evidence of risk)	D (evidence of risk)	D (evidence of risk)	D (evidence of risk)	B (no evidence of risk in animals)
Advantages	<ul style="list-style-type: none"> <li>• Dose easily titrated</li> <li>• May satisfy oral craving</li> <li>• Delays weight gain</li> </ul>	<ul style="list-style-type: none"> <li>• One-step process</li> <li>• No oral side effects</li> <li>• No special skills for use/easily</li> </ul>	<ul style="list-style-type: none"> <li>• Provides 24 hour steady state concentration which may reduce</li> </ul>	<ul style="list-style-type: none"> <li>• Provides 24 hour steady state concentration which may reduce</li> </ul>	<ul style="list-style-type: none"> <li>• Dose easily titrated</li> <li>• Use to respond to cravings</li> </ul>	<ul style="list-style-type: none"> <li>• Dose easily titrated</li> <li>• Mimics act of smoking</li> <li>• Use to respond to</li> </ul>	<ul style="list-style-type: none"> <li>• No risk of nicotine toxicity if patient continues to smoke</li> <li>• Ease of use</li> </ul>

	<ul style="list-style-type: none"> <li>• Use to respond to cravings</li> <li>• Available in regular and mint flavors</li> </ul>	<p>concealable</p> <ul style="list-style-type: none"> <li>• Fewer compliance problems</li> </ul>	<p>morning cravings</p> <ul style="list-style-type: none"> <li>• No special skills for use/easily concealable Fewer compliance problems</li> </ul>	<p>morning cravings</p> <ul style="list-style-type: none"> <li>• No special skills for use/easily concealable</li> <li>• Fewer compliance problems</li> </ul>		<p>cravings</p>	<ul style="list-style-type: none"> <li>• May be more beneficial in patients with sub-clinical depression</li> <li>• Safer to use in pregnancy</li> <li>• Can be used in combination with nicotine replacement</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>• Social acceptance of gum</li> <li>• Difficult to use with dentures</li> <li>• Must use proper chewing technique to lessen adverse effects</li> </ul>	<ul style="list-style-type: none"> <li>• Doses cannot be titrated by patient</li> <li>• 16 hour release may lead to morning cravings</li> <li>• Allergic reactions to adhesive may occur</li> </ul>	<ul style="list-style-type: none"> <li>• Allergic reactions to adhesive may occur</li> </ul>	<ul style="list-style-type: none"> <li>• Allergic reactions to adhesive may occur</li> </ul>	<ul style="list-style-type: none"> <li>• Uncomfortable to use</li> <li>• 2 weeks to get used to</li> <li>• Dependence</li> <li>• Suggested wait 5 minutes before driving</li> <li>• Must avoid contact with skin</li> </ul>	<ul style="list-style-type: none"> <li>• Cartridges should not exceed 86,F or be used below 59,F</li> <li>• Dependence</li> <li>• Side effects take 1 week to get used to</li> </ul>	<ul style="list-style-type: none"> <li>• Seizure risk</li> </ul>