

## Tobacco Cessation

# CHANTIX (varenicline) tablets

Chantix is designed to reduce the urge to smoke. You begin taking it at least a week before your planned quit date. There are 3 approaches to using this for smoking cessation: Fixed Quit, Flexible Quit and Gradual Quit. Consult your healthcare provider to see if this medication is a good option for you and what recommended approach might be best for you.

### Who shouldn't use this?

Tell your health care provider if you have kidney problems, are pregnant or plan to become pregnant or are breastfeeding.

### Where can I get it?

Chantix is available in tablet form and must be prescribed by a physician.

### What is the routine?

Start taking one week before your quit date. You begin by taking one .5 mg tablet once a day and gradually work up to 1 mg tablet twice a day. Length of treatment varies from 12-24 weeks. Take it with a full glass of water after you eat.

### What are the possible side effects?

- Nausea and vomiting
- Stomach pain
- Constipation or diarrhea, gas, and indigestion
- Dry mouth
- Altered taste buds and changes in appetite
- Vivid and unusual dreams
- Sleepiness, trouble sleeping, and other sleep disorders
- Problems breathing
- Rash
- Changes in behavior such as agitation, depressed mood, thoughts or attempts of suicide have occurred in people being treated with varenicline. Watch for these symptoms as well as any worsening of pre-existing psychiatric illnesses. If they occur, stop the medication and immediately report your symptoms to your health care provider.

# BUPROPION (Zyban, Wellbutrin)

Bupropion comes in tablet form and reduces the desire to smoke and decreases withdrawal symptoms and cravings.

### Who shouldn't use this?

Anyone who has had seizures, epilepsy, brain tumors, brain surgery, head trauma with loss of consciousness, stroke, anorexia or bulimia.

### Where can I get it?

Bupropion is available in tablet form and must be prescribed by a physician.

### What is the routine?

Start taking at least one week before quit date. Typically, you start with one table a day and increase to two tablets after 3-4 days (your health care provider can help determine what's right for you). Length of treatment is 12-24 weeks, but can be taken longer if needed. Take with food to lessen possible stomach upset.

### What are the possible side effects?

- Anxiety
- Dry mouth
- Hyperventilation
- Irregular heartbeats
- Irritability
- Restlessness
- Shaking
- Trouble sleeping
- Rare side effects include seizures, confusion, fainting, trouble concentrating
- Changes in behavior such as agitation, depressed mood, thoughts or attempts of suicide have occurred in people being treated with bupropion. Watch for these symptoms as well as any worsening of pre-existing psychiatric illnesses. If they occur, stop the medication and immediately report your symptoms to your health care provider.
- Discuss your use of alcohol with your health care provider before taking Bupropion. It is best to avoid or minimize drinking alcoholic beverages when taking this medication.