



# TOBACCO CESSATION TOOLKIT

Resources for healthcare professionals



## Summary of Cessation Pharmacology

Drug	Administration Points	Common Side Effects
Nicotine Patch	<p>7mg, 14mg and 21mg per 24 hour sustained release transdermal patches</p> <ul style="list-style-type: none"> <li>• apply to a clean, dry, hairless area</li> <li>• remove old patch prior to application of new one</li> <li>• change sites daily to prevent skin irritation</li> <li>• patient/client is normally advised not to use tobacco while using the patch; however, continued use is generally not considered dangerous and does not imply treatment failure</li> <li>• if insomnia and vivid dreams are a concern, patch should be removed prior to bedtime</li> </ul>	<ul style="list-style-type: none"> <li>• skin irritation</li> <li>• vivid dreams</li> <li>• insomnia</li> <li>• headache</li> <li>• nausea</li> </ul>
Nicotine Gum	<p>2mg, 4mg</p> <ul style="list-style-type: none"> <li>• absorbed through the lining in the mouth</li> <li>• do not eat or drink for 15 minutes before or during use</li> <li>• the term “gum” is misleading, as proper use is bite, bite, park, repeat</li> <li>• bite gum until a peppery taste or tingling occurs; park gum between cheek and gums; repeat when sensation goes away</li> <li>• do not swallow</li> </ul>	<ul style="list-style-type: none"> <li>• mouth or throat soreness</li> <li>• jaw ache</li> <li>• hiccups</li> <li>• flatulence</li> <li>• upset stomach</li> <li>• insomnia</li> <li>• headache</li> <li>• nausea</li> </ul>
Nicotine Lozenge	<p>1mg and 2mg nicotine bitartrate dehydrate 2mg and 4mg as nicotine polacrilex</p> <ul style="list-style-type: none"> <li>• absorbed through the lining of the mouth</li> <li>• do not eat or drink for 15 minutes before taking the lozenge</li> <li>• do not chew or swallow the lozenge</li> <li>• slowly suck until there is a strong taste, then rest the lozenge in the cheek, wait 1 minute or until taste fades and then repeat.</li> <li>• may be useful for those who cannot chew gum</li> <li>• sugar-free and safe for use by people with diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• mouth or throat soreness</li> <li>• hiccups</li> <li>• upset stomach</li> <li>• insomnia</li> <li>• headache</li> <li>• nausea</li> </ul>

(continued)



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## Summary of Cessation Pharmacology

Drug	Administration Points	Common Side Effects
Nicotine Inhaler	<p>10 mg cartridge that delivers 4 mg of nicotine through about 80 inhalations (over 20 minutes of active puffing)</p> <ul style="list-style-type: none"><li>• hand-mouth activity from using the inhaler is preferred by some quitters</li><li>• the inhaler is useful for those with poor oral health or dentures, and for those who cannot chew gum</li><li>• similar in appearance to a cigarette: designed to be puffed on</li><li>• not a true inhaler; the nicotine is delivered and absorbed through the lining in the mouth</li><li>• allows fine tuning of how much and how often the user consumes nicotine</li></ul>	<ul style="list-style-type: none"><li>• mild local irritation of mouth, sinus or throat</li><li>• cough</li><li>• dry mouth</li><li>• hiccups</li><li>• insomnia</li><li>• headache</li><li>• nausea</li></ul>
Nicotine Mouth Spray	<p>Available in a dispenser that contains 150 sprays; each spray delivers 1 mg of nicotine.</p> <ul style="list-style-type: none"><li>• absorbed through the lining in the mouth</li><li>• do not eat or drink for 15 minutes before using the spray</li><li>• if using the spray for the first time, or if the spray has not been used for two days, load the spray pump by pressing on the dispenser several times until a fine spray is released into a tissue</li><li>• point the spray nozzle towards the open mouth and hold as close as possible to the mouth, avoiding the lips</li><li>• press down on the dispenser to release a spray into the mouth</li><li>• do not inhale while spraying and avoid swallowing for a few seconds afterwards</li><li>• expect a strong mint taste in the mouth</li></ul>	<ul style="list-style-type: none"><li>• hiccups</li><li>• throat irritation</li><li>• increased salivation</li><li>• tingling sensation of the mouth/lips</li><li>• insomnia</li><li>• headache</li><li>• nausea</li></ul>
<b>Prescription Medication</b>		
Bupropion	<p>150mg SR tablets</p> <ul style="list-style-type: none"><li>• If insomnia is bothersome, the afternoon dose can be taken early in the evening or late afternoon (as long as it is 8 hours after the morning dose).</li></ul>	<ul style="list-style-type: none"><li>• insomnia</li><li>• dry mouth</li><li>• headache</li><li>• weight loss</li><li>• agitation</li></ul>
Varenicline	<p>0.5mg, 1mg tablets</p> <ul style="list-style-type: none"><li>• To reduce nausea, take on a full stomach and with a full glass of water.</li><li>• To reduce insomnia, take second dose at supper rather than bedtime.</li></ul>	<ul style="list-style-type: none"><li>• nausea</li><li>• insomnia</li><li>• vivid dreams</li><li>• headache</li><li>• constipation</li><li>• agitation, depression, suicidal thoughts</li></ul>