

Quick Guide to Pharmacotherapy in Tobacco Treatment

NICOTINE REPLACEMENT (NRT)

Combining long-acting NRT (patch) with a short-acting NRT (gum, lozenge, or inhaler) is more effective than using a single type of NRT

LONG-ACTING PRODUCTS

PATCH

7 mg, 14 mg, 21 mg	Dose	1 patch every 24 hrs. 21 mg patch if ≥ 10 cig/day 14 mg patch if < 10 cig/day	Duration: 6-14 wks.
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SHORT-ACTING PRODUCTS

GUM

2mg, 4 mg	Dose	1 piece every 1-2 hrs.	Duration: 6-14 wks.
	MAX:	24 pieces/day	

LOZENGE or MINI-LOZENGE

2 mg, 4mg	Dose:	1 lozenge every 1-2 hrs.	Duration: 12 wks.
	MAX:	20 pieces/day	

NASAL SPRAY (Nicotrol[®] NS)

10 mg/ml	Dose:	1-2 doses per hr.	Duration: 3-6 mos.
	MAX:	5 doses/hour or 40 doses/day	

INHALER (Nicotrol[®] Inhaler)

	Dose:	6-16 cartridges/day	Duration: 3-6 mos.
	MAX:	16 cartridges/day	

BUPROPION SR (Zyban[®]/ Wellbutrin SR[®])

May be combined with nicotine replacement

150 mg tablets	Dose	150 mg once per day (days 1-3) 150 mg twice per day (day 4+)	Duration: 12 wks. <i>(If quit at 12 wks, consider 12 more weeks of drug)</i>
	MAX:	300 mg/day	

VARENICLINE (Chantix[®])

0.5 mg, 1 mg tablets	Dose:	<i>Starting Month Pack =</i> 0.5 mg once per day (days 1-3) 0.5 mg twice per day (days 4-7) 1 mg twice per day (days 8+) <i>Continuing Month Pack =</i> 1 mg twice per day	Duration: 12 wks. <i>(If quit at 12 wks, consider 12 more weeks of drug)</i>
	MAX:	2mg/day	

**For More Information: 1-800-QUIT-NOW
Visit www.QuitWorksNH.org**

Inclusion of this adult dosage chart is strictly for the convenience of the prescribing provider. Please consult the Physicians' Desk Reference for complete product information and contraindications. This chart does not indicate or authorize insurance benefit coverage for any of these medications. For insurance benefit information, the patient will need to contact his/her insurer directly.
Source: Massachusetts Department of Health 2011