

QUIT SMOKING MEDICATIONS

Quit smoking medications along with support and a quit plan can more than double your chances of quitting success. These medications help by reducing nicotine withdrawal and cravings, which can be intense and uncomfortable.

If you are taking other medications when you quit or cut down on smoking, the amount of medication you require may change. Speak with your health care provider.

NON-PRESCRIPTION MEDICATIONS (OVER THE COUNTER)

Nicotine Replacement Therapy (NRT) is a form of medication that does not require a prescription and is sold at a pharmacy. Tobacco use causes serious health problems; NRT is a much safer option for getting nicotine without the other harmful chemicals found in tobacco. NRT can be used as long as needed with guidance from a health care provider.

Type of NRT	How It Works	Common Side Effects
Long Acting NRT patch	Provides a steady amount of nicotine throughout the day and is replaced every 24 hours. There are patches with different amounts of nicotine and the patch you wear will depend on how much you smoke. Ask your pharmacist about which patch is best for you. If you continue to experience nicotine withdrawal while on the patch, you can also use short acting NRT with guidance from your pharmacist or health care provider.	Include skin irritation and sleep disturbance. Speak to your pharmacist to discuss ways to reduce these side effects.
Short Acting NRT: gum, lozenge, inhaler or mouth spray	Provides nicotine more quickly for a short amount of time. Some types can be used in a cut-down-to-quit method. Speak with a pharmacist for details about how to do this.	Include hiccups, upset stomach and throat irritation. Reduce side effects by following the directions closely and/or speak with your pharmacist for further assistance.

Tip: Prior to using short acting NRT avoid acidic drinks such as coffee, tea, alcohol or fruit juices as these may reduce the absorption of the NRT products.

Before using NRT, talk with your health care provider especially if you are pregnant, breastfeeding, have/had heart, thyroid, circulation, stomach or blood pressure problems, had a stroke or take insulin or any prescription medications.

Cytisine is a natural health product. It comes in capsule form and can be obtained from select pharmacies, natural health shops and directly online from the manufacturer. It has a specific dosing schedule to follow for 25 days. The most common side effects are stomach upset and sleep disturbance. For more information and to see if this product is right for you speak with a pharmacist.

PRESCRIPTION MEDICATIONS

Discuss the options available with your health care provider. Current options include bupropion and varenicline. Prescription quit smoking medications can help reduce nicotine withdrawal and cravings and/or to reduce the pleasurable effects of smoking. These medications are typically started before your quit date. Your health care provider will advise if the medication is right for you, how long you should take it, the dose you require and the common side effects.

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