

Over-the-Counter Nicotine Replacement Therapy

Over the Counter	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
<p>Nicotine Gum Brand names include:</p> <ul style="list-style-type: none"> Nicorette® Nicorette® Mint 	<ul style="list-style-type: none"> Chew gum slowly until mouth tingles. Nicotine released from the product is absorbed through your gum and cheek. “Park” nicotine gum between your cheek and gum. When tingling goes away, chew again until mouth tingles. Repeat chew and park steps as directed on package label. 	Take smaller and smaller doses over about two to three months	<ul style="list-style-type: none"> Mouth soreness Hiccups Indigestion Jaw ache 	<ul style="list-style-type: none"> Severe mouth soreness Severe jaw ache Nausea Vomiting Dizziness Weakness Rapid heartbeat
<p>Nicotine Patch Brand names include:</p> <ul style="list-style-type: none"> Habitrol® Nicotrol® Nicoderm CQ® 	<ul style="list-style-type: none"> Apply patch to skin. Nicotine released from patch is absorbed through skin. Wear one patch for length of time as directed on package label. Apply new patch to different area of skin. Wash hands after applying patch to avoid getting nicotine in eyes and nose. 	Take smaller and smaller doses over about two months	<ul style="list-style-type: none"> Local skin irritation (skin redness, rash or swelling) Insomnia 	<ul style="list-style-type: none"> Skin redness, swelling or rash that doesn’t go away after four days Nausea Vomiting Dizziness Weakness Rapid heartbeat
<p>Nicotine Lozenge Brand names include:</p> <ul style="list-style-type: none"> Nicorette® Lozenge 	<ul style="list-style-type: none"> Allow lozenge to dissolve between gum and cheek. Nicotine released from lozenge is absorbed through the cheek and gum. Use only one lozenge at a time. Don’t use more than five lozenges in six hours, or more than 20 lozenges in one day. Using too many lozenges can cause side effects (see list). 	Take smaller and smaller doses over about three months	<ul style="list-style-type: none"> Heartburn Hiccups Nausea Headache Coughing Dry mouth Mouth sores 	<ul style="list-style-type: none"> Severe nausea Vomiting Dizziness Weakness Rapid heartbeat

NOTE: The American Lung Association is neither the manufacturer nor the seller of these products and takes no responsibility with respect to them. Be sure to use any of these products only as prescribed and/or according to the labeling. As with any medication, talk to your healthcare provider for more information.

NOTE: Generic versions of these products may also be available.

Prescription Nicotine Replacement Therapy

Prescription Only	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
Nicotine Inhaler Brand names include: <ul style="list-style-type: none"> Nicotrol Inhaler® 	<ul style="list-style-type: none"> Puff gently on inhaler. Nicotine released from inhaler is absorbed through the lining of the mouth and throat. Hold the inhaled vapor in mouth for a few seconds. Then blow it out. Do not inhale vapor into the lungs. Follow doctor's instructions about how many inhaler cartridges to use and how to taper off. 	Use for up to six months; take smaller doses over about three months	<ul style="list-style-type: none"> Mouth irritation Throat irritation Coughing Runny nose 	<ul style="list-style-type: none"> Severe mouth irritation Severe throat irritation Nausea Vomiting Dizziness Weakness Rapid heartbeat
Nicotine Nasal Spray Brand names include: <ul style="list-style-type: none"> Nicotrol NS® 	<ul style="list-style-type: none"> Spray once in each nostril. Nicotine released from spray is absorbed through the lining of the nasal passages. Follow the detailed instructions on the packaging for how to apply the spray. Don't inhale, sniff or swallow when spraying. Don't use the spray if you have allergies, asthma, or a nasal or sinus condition. Follow doctor's instructions about how many times to spray during the day and how to taper off. 	Use for three to six months	<ul style="list-style-type: none"> Moderate to severe nasal irritation (persistent sneezing, coughing or runny nose and watery eyes), especially in the first two days of use Nasal congestion Temporary changes in the sense of taste and smell A hot, peppery sensation in the nose or throat 	<ul style="list-style-type: none"> History of nasal irritation History of sinus allergies Severe persistent sneezing, coughing or runny nose and watery eyes while using nicotine nasal spray after the first two days Nausea Vomiting Dizziness Weakness Rapid heartbeat

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Prescription Quit-Smoking Medications

Prescription Only	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
Bupropion SR Brand names include: <ul style="list-style-type: none"> • Zyban® 	<ul style="list-style-type: none"> • Take according to doctor's instructions. • Does not contain nicotine • Reduces withdrawal symptoms and urges • May be combined with a nicotine replacement product, such as the nicotine patch or gum, to increase the user's chances of successfully quitting 	Start two weeks before you quit, then take for two to six months	<ul style="list-style-type: none"> • Skin rash • Insomnia • Dry mouth • Shakiness • Nervousness • Seizure 	<ul style="list-style-type: none"> • Allergy to bupropion • Rash • Hives • Difficulty breathing • Alcohol use. This must be discussed with your doctor before taking bupropion.
Varenicline Brand names include: <ul style="list-style-type: none"> • Chantix® 	<ul style="list-style-type: none"> • Take according to doctor's instructions. • Does not contain nicotine • Blocks the urge to smoke • Inform your doctor about all medications you take, especially asthma medicines, insulin and blood thinners. 	Start one week before you quit, then take for three months	<ul style="list-style-type: none"> • Nausea • Changes in dreaming • Constipation • Gas • Vomiting 	<ul style="list-style-type: none"> • If persistently troubled by the identified side effects, talk with your doctor about reducing the dose.

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