



### NICOTINE REPLACEMENT OPTIONS

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

##### PATCHES

21 mg, 14 mg, 7 mg

Dose: 1 patch every 24 hrs.  
Start: 21 mg patch if  $\geq$ 10 cig/day  
14 mg patch if  $<$  10 cig/day

Duration:  
6-14 wks

#### SHORT-ACTING PRODUCTS

##### GUM

2mg, 4 mg

Dose: 1 piece every 1-2 hrs.  
Max: 24 pieces/day

Duration:  
6-14 wks

##### LOZENGE or MINI-LOZENGE

2mg, 4 mg

Dose: 1 lozenge every 1-2 hrs.  
Max: 20 pieces/day

Duration:  
12 wks

##### NASAL SPRAY (Nicotrol<sup>®</sup> NS)

10 mg/ml

Dose: 1-2 doses per hr.  
Max: 5 doses/hr or 40 doses/day

Duration:  
3-6 mos

##### INHALER (Nicotrol<sup>®</sup> Inhaler)

Dose: 6-16 cartridges/day  
Max: 16 cartridges/day

Duration:  
3-6 mos

#### BUPROPION SR

(Zyban<sup>®</sup>/ Wellbutrin SR<sup>®</sup>)

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+)  
Max: 300 mg/day

Duration:  
12 wks\*

#### VARENICLINE (Chantix<sup>®</sup>)

0.5 mg, 1 mg tablets

Dose: Starting Month Pak =  
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+)  
Continuing Month Pak = 1 mg twice per day  
Max: 2 mg/day

Duration:  
12 wks\*

\* If quit at 12 wks, consider 12 more weeks of drug

Source: Fiore MC, Jaen CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians, Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009. 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. This chart is provided by the Massachusetts Department of Public Health's Tobacco Cessation and Prevention Program. For insurance benefit information, the patient will need to contact his/her insurer directly. The cost or provision of these medications is not included as any part of the Massachusetts Smokers' Helpline or QuitWorks program.

**Make smoking history.**