

# A Comparison of Medications that Support Quitting Smoking

This summary of smoking cessation medications was taken from the internet. Talk to your doctor to verify that the information below is accurate and up-to-date, and to discuss which medication is most appropriate for you.

Treatment	How used	Effectiveness	Common side effects
<b>Chantix</b>  Contains varenicline  Prescription only.	<ul style="list-style-type: none"> <li>Take by mouth</li> <li>Start with a low dose 1 week before quit date</li> <li>Increase the dose after 3 days and then after another 4 days</li> <li>Continue 12-24 weeks</li> </ul>	<ul style="list-style-type: none"> <li>3 times more successful than with placebo at 1 year</li> <li>About 60% more successful than with bupropion (Zyban) at 1 year</li> </ul>	<ul style="list-style-type: none"> <li>nausea (30%)</li> <li>flatulence (gas)</li> <li>constipation</li> <li>abnormal dreams</li> <li>difficulty sleeping</li> <li>headache</li> </ul>
<b>Nicotine replacement</b>  Non-prescription: (e.g. Nicorette gum, Nicoderm patches)  Prescription: (e.g. Nicotrol nasal spray)	<ul style="list-style-type: none"> <li>Quit smoking at same time as starting nicotine replacement products</li> <li>Apply a patch for 16 or 24 hours per day</li> <li>Or use a gum, nose spray, lozenge or inhaler regularly to a maximum limit</li> <li>Length of use depends on product, often 3-6 months</li> </ul>	<ul style="list-style-type: none"> <li>About 2 times more likely to have quit than with placebo at 3 months</li> <li>About 70% more successful than with placebo at one year</li> <li>Similar in effectiveness to bupropion (Zyban)</li> </ul>	<ul style="list-style-type: none"> <li>sleep difficulties (patches)</li> <li>abnormal dreaming (patches)</li> <li>skin reactions (patch)</li> <li>jaw pain (gum)</li> <li>nose irritation (nose spray)</li> </ul>
<b>Zyban</b>  Contains bupropion – active ingredient in the antidepressant Wellbutrin.  Prescription only	<ul style="list-style-type: none"> <li>Taken by mouth</li> <li>Start one week before quitting</li> <li>Start at a low dose</li> <li>Increase in one week</li> <li>Continue 7-12 weeks or longer</li> </ul>	<ul style="list-style-type: none"> <li>Quitting with Zyban is about twice as likely as with placebo at 3 months</li> <li>About 1.5 times success rate than with placebo at 1 year</li> <li>Bupropion has similar success to nicotine replacement, and lower than varenicline</li> </ul>	<ul style="list-style-type: none"> <li>anxiety</li> <li>headache</li> <li>insomnia</li> <li>dry mouth</li> <li>irritability</li> <li>seizures (fits) are rare.</li> </ul>
<b>Counseling</b>	<ul style="list-style-type: none"> <li>One-on-one, group, telephone counseling</li> </ul>	<ul style="list-style-type: none"> <li>Counseling helps quitting</li> <li>Higher intensity counseling (longer sessions and/or multiple sessions) is more effective than lower intensity.</li> </ul>	