

session 2: Plan to Quit

Pharmacotherapy



Activity 4: Using the chart below, circle those you have tried before and place a star * next to the medication(s) you are interested in using for this quit attempt. If needed, refer to this page when discussing medications with your doctor or pharmacist.

There are three classes of FDA-approved drugs to help people quit smoking.

1. Nicotine replacement therapies (NRT's) are medicines that help decrease or stop a smoker's withdrawal symptoms by giving controlled doses of nicotine without the other harmful chemicals or cigarette smoke.
2. Bupropion does not contain nicotine. It acts on chemicals in the brain to reduce the symptoms of nicotine withdrawal.
3. Varenicline, also known as Chantix, lessens the pleasurable effects a person gets from smoking and reduces the symptoms of nicotine withdrawal.

The Food and Drug Administration (FDA) has approved the following products to help people quit smoking. There are advantages and disadvantages with each product. If you'd like to find out more about each of these options you can either visit with your health care provider, visit the cancer.org website, or call 800-227-2345. Your healthcare provider, or pharmacist, can help you make the best choice.

Type	Form	Common Brand Name(s)	Availability
Nicotine Replacement Therapy	Gum	Nicorette	Over the counter (OTC)
	Patch	Nicoderm Habitrol ProStep Nicotrol	OTC and Prescription
	Lozenge	Commit	OTC
	Nasal Spray	Nicotrol	Prescription
	Inhaler	Nicotrol	Prescription
Bupropion	Pill	Zyban	Prescription
Varenicline	Pill	Chantix	Prescription