

Type	Available without prescripti	How used	Dosage	Benefits	Drawbacks	Available On Fort Bragg at no cost
1 st Line medication Nicotine patch	Yes	Apply to skin every day; rotate sites; releases steady dose of nicotine through skin. Reinforce with extra tape.	Begin with either 21 or 14 mg. Taper to 7 mg. Use for up to 10 weeks Nicotine dosages should reflect nicotine addiction.	Very easy to use. Few side effects. <u>Nicotine containing products reduce physical withdrawal symptoms, including cravings.</u>	Releases nicotine slowly; to reach peak effects takes 4 hours. Can cause skin irritation and vivid dreams. If not worn overnight consider adding gum or nasal spray for morning use in severely addicted patients	YES Can be prescribed by any FT Bragg Provider 1 st choice for inpatient use
1 st line medication Nicotine nasal spray	No	Every one to two hours, spray once into each nostril and exhale through mouth.	Use for 12 weeks Gradually tapering off. Do not “snort” will cause brain freeze.	Delivers nicotine the fastest, good at reducing sudden cravings. Combination therapy encouraged.	Nose and sinus irritation common at first but usually goes away; those with allergies, asthma should not use. Fast acting – 5-10 minute peak effect.	YES Can be prescribed by any FT Bragg Provider
1 st line medication Nicotine gum	Yes	Bite a few times Then “park” in mouth. Nicotine absorbed through the mouth lining.	If used alone; Begin with 2 or 4 mg, no more then 20 pieces/day. Taper dose before stopping. Use for 2 to 3 mos.	Convenient, lots of flexibility. Delivers nicotine more quickly than patch.	Can’t eat or drink while gum is in mouth. If you have dental/jaw problems, talk with your dentist. Bite and PARK. Do not chew like chewing gum.	YES Can be prescribed by any FT Bragg Provider preferably in conjunction with the patches and program
Nicotine Lozenge	Yes	Allow to dissolve. Do not suck on it like candy.	2 or 4 mg – see gum	See gum	Can’t eat or drink while gum is in mouth.	NO Can be obtained via Tricare Mail order pharmacy
Nicotine inhaler	No	Inhale nicotine by bringing inhaler to mouth when urge hits.	At least six cartridges per day for first three to six weeks, then taper off. Use for 3 months.	Delivers nicotine as quickly as gum; “comfort” of hand-to-mouth; few side effects.	May cause mouth or throat irritation; not to use with asthma or chronic lung disease.Reinforces hand to mouth nicotine delivery	NO
1 st line medication Bupropion SR (Zyban, Wellbutrin) 150mg SR	No	Set quit date about 7 days after starting medication; continue for 12 weeks	For first three days, take one pill in the morning, on day four take one pill in the morning and the 2 nd 8 hours later	No nicotine. Assists with the <u>psychological aspect of addiction</u> , i.e. mood swings. May be used in combination with nicotine replacement	Do not use if you have seizure/eating disorders, are taking Wellbutrin , Zyban, St John’s Wort, MAO inhibitors, pregnant, are breast feeding or have had a loss of consciousness in the past 3 months.	YES Can be prescribed by any FT Bragg Provider T3 profile
2 nd line medication Chantix (Varenicline)	No	Set a quit date about 7 days after starting medication; continue for 12 weeks. Must attend 4 week program for refills.	For the first three days take a 0.5mg mg pill each morning, starting on day four take one in the morning and one in the evening, on day eight increase to 1mg twice a day.	Comes in a starter kit with instructions. No nicotine products, are used with this medication. Partially blocks the nicotine receptors in the brain decreasing physical and psychological withdrawal symptoms.	Notify your doctor if you have kidney problems or an unstable or untreated mental health condition. Do not use if pregnant, breastfeeding, <18 years old. Side effects may include nausea, abnormal dreams, insomnia, constipation, vomiting, mood swings, and suicide ideation. Non deployable drug	YES Must receive prescription from a certified provider after passing a Suicide/Violence Risk Assessment and committing to a Tobacco Cessation Program or seminar T3 Profile

If two or more agents are used in combination the instructions may be modified.

For information contact your clinic or Army Public Health Nursing at 907-WELL(9355).