

NRT - Nicotine Replacement Therapy - *This information is not intended to replace product information or a physician's advice.*

Common name	What is it	How to use it	Possible side effects	Where to get it	Notes
Gum	Nicotine "gum" is designed to slowly release nicotine into the mouth when chewed and placed between the cheek and gums. The gum delivers nicotine to the brain quicker than the patch, making it easier to curb an immediate craving.	Chew it a few times to break it down, then park it between your gum and cheek and leave it there. It will taste "peppery," - this is normal. Quit smoking when you start using this medication.*	Slight skin irritation in the mouth, dizziness and upset stomach are possible if you chew too much gum or you chew it instead of placing it between the cheek and gum.	Over the counter	Can be used with other NRT or Zyban/ Bupropion
Inhaler	The nicotine inhaler is a thin, plastic cartridge that contains nicotine. Nicotine vapor is absorbed through the lining of the mouth. The inhaler delivers nicotine to the brain quicker than the patch, making it easier to curb an immediate craving.	Inhale through the inhaler into the back of your throat or puff in short breaths. As you inhale or puff the nicotine vapor is absorbed through the lining of your mouth. Quit smoking when you start using this medication.*	Many people experience mild irritation of the mouth or throat and cough when they first use the Inhaler. Most people get used to these effects in a short time. You may also get an upset stomach.	Prescription	Can be used with other NRT or Zyban/ Bupropion
Lozenge	The lozenge comes in the form of a hard mint or candy, and releases nicotine as it slowly dissolves in the mouth. The lozenge delivers nicotine to the brain quicker than the patch, making it easier to curb an immediate craving.	Place the lozenge in your mouth and let it dissolve, moving it back and forth from time to time. Do not to eat or drink 15 minutes before using the lozenge or while it is in your mouth, do not bite or chew the lozenge. Quit smoking when you start using this medication.*	The most common side effects of lozenge use are soreness of the teeth and gums, indigestion, and irritated throat. NOTE: Phenylketonurics should be aware that the nicotine lozenge contains phenylalanine.	Over the counter	Can be used with other NRT or Zyban/ Bupropion
Nasal Spray	Nicotine nasal spray is nicotine contained in a spray pump. The nicotine vapor is rapidly absorbed by the nasal membranes inside the nose. The spray delivers nicotine to the brain quicker than the patch, making it easier to curb an immediate craving.	One spray to each nostril usually 1-2 times an hour or as prescribed. Use as directed by your doctor, usually for at least 8 weeks. Quit smoking when you start this medication.*	The most common side effects from the nasal spray are irritation of the nose and throat, watering eyes, sneezing and cough.	Prescription	Can be used with other NRT or Zyban/ Bupropion
Patch	The patch contains nicotine and looks like an oversized band-aid. The nicotine in the patch is absorbed slowly through the skin. The patch provides a constant level of nicotine and must be worn all day, and cannot be put on and removed as a substitute for a cigarette.	Apply the patch to a clean, hairless place on your skin. Alternate where you put the patch from one day to the next to decrease any skin irritation. The patch should be worn 16-24 hours a day, over a period of 10-12 weeks. The complete course is a "step down" program, which means over every few weeks you switch to a patch with less nicotine. Follow the instructions for more details. Quit smoking when you start this medication.	The two most common side effects of the patch are a localized skin rash and sleep disturbance.	Over the counter; Quitline - 1.800.QUIT NOW (free); prescription; public health clinics - for locations call 206.296.0400 (free)	Can be used with other NRT or Zyban/ Bupropion

* Dosage varies depending on how much you currently smoke and may vary from brand to brand. Follow all enclosed instructions or physicians advice to determine your correct dosage.

NON-NRT Alternatives - This information is not intended to replace product information or a physician's advice.

Common name	What is it	How to use it	Possible side effects	Where to get it	Notes
Chantix/ Varenicline	Varenicline is a pill taken orally (marketed under the brand name 'Chantix/Champix'). Research indicates that varenicline may offer the best success rates (44%, compared to 17% for placebo). Varenicline is said to operate in two ways. First, it blocks nicotine's connection to receptors in the brain, making smoking less satisfying and/or desirable. At the same time, varenicline mimics the effects of nicotine, reducing the ex-smoker's cravings and withdrawal.	Varenicline is a pill taken orally while you are still smoking, one week prior to the quit date. Consult your doctor for more specific instructions.	Nausea is the most common side effect associated with varenicline. Other side effects include insomnia, vomiting and vivid dreams.	Prescription	Prescription
Zyban/ Bupropion	Zyban/Bupropion is taken orally in the form of a pill and is the generic name for the drug marketed as "Zyban," which is an anti-depressant. Research has not established exactly how bupropion helps people quit smoking, but there is evidence that it helps to alleviate some of the withdrawal symptoms. This medication has been shown to work equally well in people with and without a history of depression, so it does not appear that it works due to its anti-depressant effects.	Zyban/Bupropion is taken orally while you are still smoking, one week prior to the quit date. You can use this medication with NRT. Consult your doctor for more specific instructions.	Insomnia and dry mouth are the most common side effects associated with this medication. There are certain medical conditions which warrant against using bupropion. These conditions include seizures, eating disorders, and current use of certain other medications, such as Wellbutrin.	Prescription	Prescription