

Table 22.3 Medications Used to Help Patients Quit Smoking

Medication	Indications	Dosing	Side effects affecting rehab	Other side effects or considerations
Nicotine replacements				
Nicotine gum	Smoking cessation	Smokers of ≥ 1 pack/day: Chew a 4 mg piece hourly and as needed for cravings for 2 wk. Smokers of < 1 pack/day: Chew a 2 mg piece hourly and as needed for cravings for 2 wk.	Cog: + S: 0 A: ++ Motor: + D: ++ Com: 0 F: +	Increased heart rate and blood pressure, arrhythmias, sore throat, increased sweating, nausea, dry mouth, dyspepsia, diarrhea, abnormal dreams, irritability, dizziness, arthralgias, myalgias. Provides better quit rates than counseling alone.
Nicotine patches (Nicoderm, Nicotrol, Habitrol)	Smoking cessation	Smokers of ≥ 1 pack/day: Apply the 21 mg patch once/day for 30 days, followed by the 14 mg patch for 30 days and then the 7 mg patch for 30 days. Smokers of < 1 pack/day: Apply the 14 mg patch once/day for 30 days and then the 7 mg patch once/day for 30 days.	Cog: + S: 0 A: ++ Motor: + D: ++ Com: 0 F: +	Increased heart rate and blood pressure, arrhythmias, skin reactions, increased sweating, nausea, dry mouth, dyspepsia, diarrhea, abnormal dreams, irritability, dizziness, arthralgias, myalgias. Provides better quit rates than counseling alone.
Nicotine receptor partial agonist				
Varenicline (Chantix)	Smoking cessation	Start 1 wk before quit date at 0.5 mg/day for 3 days, then 0.5 mg twice/day for 3 days, then 1 mg twice/day for 12 wk. Dose for renal insufficiency: 0.5 mg once/day for 3 days and then 0.5 mg/day for 12 wk.	Cog: + S: 0 A: ++ Motor: 0 D: ++ Com: 0 F: +	Gastrointestinal upset, bad taste in mouth, changes in appetite, insomnia, unusual dreams or nightmares, headache, hostility, agitation, depression, suicidal thoughts. Contraindicated in patients with depression, bipolar disorder, schizophrenia, or other mental illness.
Antidepressant				
Bupropion (Zyban)	Smoking cessation	150 mg once/day in the morning for the first 3 days, then 150 mg twice/day. Continue for 7-12 wk.	Cog: 0 S: ++ A: ++ Motor: ++ D: ++ Com: 0 F: 0	Dry mouth, insomnia, dizziness, difficulty concentrating, nausea, anxiety, constipation, tremors, skin problems or rashes. Taking the evening dose in the afternoon at least 8 h after the morning dose may minimize difficulty with insomnia. Contraindicated in patients with seizure disorders, eating disorders, or alcoholism.

Cog = cognition; S = sedation; A = agitation or mania; Motor = discoordination; D = dysphagia; Com = communication; F = falls; < = less than; \geq = greater than or equal to.

The likelihood rating scale for encountering the side effects is as follows: 0 = Almost no probability of encountering side effects. + = Little likelihood of encountering side effects. +/+ = Low probability of encountering side effects; however, probability increases with increased dosage. ++ = Medium likelihood of encountering side effects. +++ = High likelihood of encountering side effects, particularly with high doses. ++++ = Highest likelihood of encountering side effects; best to avoid in at-risk patients.