

TABLE 1: DRUG TREATMENT RECOMMENDATIONS FOR TOBACCO CESSATION

DRUG/COST*	INDICATIONS	DOSAGE/DURATION	SAFETY/SIDE EFFECTS
FIRST-LINE THERAPY: NICOTINE REPLACEMENT THERAPY (NRT)			
NRT PATCH [Rx, OTC] Cost: 15-22 for 8-10 wks	Smoking ≥10 cigarettes/day Smoking <10 cigarettes/day	21 mg/d x 4-6 wks then 14 mg/d x 2 wks then 7 mg/d x 2 wks 14 mg/d x 4 wks then 7 mg/d x 4 wks	▪ Precautions: Avoid during pregnancy. Use with caution if history of coronary artery disease, angina, hypertension, hyperthyroidism, esophagitis, peptic ulcer, and hepatic dysfunction. Limit initial quantity of patches dispensed to a 2-week supply, until patient tolerance or commitment to therapy can be assessed. ▪ Side effects: Tachycardia, headache (mild), increased appetite, pruritis, erythema.
NRT GUM [OTC] Cost: 47 for 4 mg 35 for 2 mg	Smoking ≥25 cigarettes/day Smoking ≤24 cigarettes/day	4 mg: 1 piece/1-2hrs x 6wks then 1 piece/ 2-4 hrs x 3 wks then 1 piece/ 4-8 hrs x 3 wks 2 mg: 1 piece/1-2 hrs x 6 wks then 1 piece/ 2-4 hrs x 3 wks then 1 piece/ 4-8 hrs x 3 wks	▪ Precautions: Do not exceed 24 pieces of gum per day. Consult physician if pregnant. ▪ Side effects: Mouth soreness, nausea, hiccups, dyspepsia and jaw ache.
NRT LOZENGE [OTC] Cost: 87	Smoking within 30 minutes of waking Smoking after 30 minutes of waking	4 mg: 1 lozenge/1-2 hrs x 6 wks then 1 lozenge/2-4 hrs x 3 wks then 1 lozenge/4-8 hrs x 3 wks 2 mg: 1 lozenge/1-2 hrs x 6 wks then 1 lozenge/2-4 hrs x 3 wks then 1 lozenge/4-8 hrs x 3 wks	▪ Precautions: Use only one lozenge at a time. Do not exceed 20 lozenges a day with either 2 mg or 4 mg dose. Do not switch doses mid-12 week treatment. Reduce number of lozenges consumed each day if intention is to reduce dosage. Consult physician if pregnant. ▪ Side effects: Insomnia, nausea, hiccups, coughing, heartburn, headache, flatulence.
FIRST LINE THERAPY: ANTIDEPRESSANTS			
BUPROPION SR (sustained release) [Rx] Cost: 35		150 mg SR for 3 days, then 150 mg SR BID x 7-12 wks	▪ Contraindications: History of seizure disorder, bulimia or anorexia nervosa, use of monoamine oxidase (MAO) inhibitor within previous 14 days. ▪ Precautions: Avoid use during pregnancy. Risk of seizures or agitation with renal or hepatic impairment. To reach effective steady state at the targeted dosage, drug therapy should be initiated 1-2 weeks prior to the projected quit date. ▪ Side effects: Dry mouth, insomnia, restlessness.
NORTRIPTYLINE [Rx] Cost: 1 (<\$10)		Initial dose 25 mg qHS, then gradually increase over 1-2 wks by 25 mg at a time, up to 75 mg qHS	▪ Contraindications: Narrow-angle glaucoma. ▪ Precautions: Avoid use during pregnancy, lactation. Use with caution in patients with cardiac conduction disturbances; history of hyperthyroidism; should not be abruptly discontinued in patients receiving high doses for prolonged periods. To reach effective steady state at the targeted dosage, drug therapy should be initiated 1-2 weeks prior to the projected quit date. ▪ Side effects: Dizziness, drowsiness, dry mouth, constipation, headache, increased appetite, nausea, weakness, unpleasant taste, weight gain.
SECOND LINE THERAPY: CLONIDINE			
CLONIDINE [Rx] Cost: 1 (<\$10)		Oral: Initial dose 0.1 mg BID, then increase to 0.15 mg BID, then 0.2 mg BID in weekly intervals as needed/tolerated Usual duration: 4 to 11 wks	▪ Precautions: Do not abruptly discontinue; rapid increase in blood pressure, and symptoms of sympathetic overactivity may occur. Dosage modification may be required in patients with renal impairment. Use with caution in cerebrovascular disease, coronary insufficiency, renal impairment, sinus node dysfunction. Use with caution in patients unable to comply with the therapeutic regimen because of the risk of rebound hypertension. Tricyclic antidepressants antagonize hypotensive effects of clonidine. ▪ Side effects: Orthostatic hypotension, sedation, dry mouth, dizziness, constipation.

*Relative Cost Ratio: Cost of course relative to nortriptyline=1(<\$10); medications available by prescription (Rx) and/or over the counter (OTC).



Telephone Program
1-888-883-STOP (7867)

Monday-Thursday: 8:00 am to 6:00 pm
Friday: 8:00 am to 4:00 pm

Designed for smokers ready to take action to become smoke-free within the next month.

NOTE: Kaiser Permanente Pharmacy requires participation in behavioral cessation counseling for dispensing adjunctive pharmacotherapy under the prescription benefit.

When a person is ready to quit, the KP Smoker's Helpline counselor will help the tobacco user enroll in an approved smoking cessation program and obtain a "Quit Smoking Verification Form" to take to Pharmacy.

Behavioral cessation counseling may include a "Stop Smoking" class at a local KP medical center, a telephone-based program (such as the KP Smoker's Helpline), community-based group counseling programs, or physician counseling with follow-up.