



Book Supplement

Commonly used Pharmacologic Therapies for Smoking Cessation

Agent	Notes
Nicotine gum*	Prescription not required. Increases cessation rates about 1.5-2 times over control at 6 months. Less expensive than other forms of nicotine replacement. Unpleasant taste.
Nicotine patch*	Prescription not required. Increases cessation rates about 1.5-2 times over control at 6 months. Less expensive than other forms of nicotine replacement. Can cause skin irritation.
Nicotine spray*	Prescription required. Increases cessation rates about 1.5-2 times over control at 6 months. More expensive. Safety beyond 6 months not established.
Nicotine inhaler*	Prescription required. Increases cessation rates about 1.5-2 times over control at 6 months. Safety beyond 6 months not established.
Nicotine lozenges*	Prescription required. Increases cessation rates about 1.5-2 times over control at 6 months. Safety beyond 6 months not established. Taste may be unpleasant. Nausea, dyspepsia and mouth tingling can occur.
Bupropion	Prescription required. Increases smoking cessation rates about 2 times over control at 1 year. Some antidepressant activity. Avoid in seizure disorder, eating disorder. Associated with hypertension. Safety in pregnancy unclear.
Varenicline	Prescription required. Increases cessation rates about 3.5 times over control and almost 2 times over bupropion at 12 weeks. Avoid in renal disease. Safety in pregnancy unclear. Associated with drowsiness, fatigue, sleep disturbance, constipation.

*Avoid in recent myocardial infarction, arrhythmia, and unstable angina. Safety of nicotine replacement in pregnancy is unclear.