

| Other Prescription Medications (That Do Not Contain Nicotine)   |   |  |  |   |   |
|---|---|--|--|---|---|
| Medication  | What It Does  | How To Take It   | How Long to<br>Use It  | Precautions/<br>Contraindications   | Other Things to<br>Consider   |
| sustained-<br>release<br>bupropion<br>(Zyban,<br>Wellbutrin<br>SR, also<br>available in<br>generic<br>form) | Anti-depressant<br>that is believed to<br>work by increasing<br>certain brain<br>chemicals  | Start 1 week prior to quit date to reach adequate blood levels. Then take 150 mg/day for 3 days, then 150 mg/day twice a day (or once a day if higher dose not tolerated.) Follow up with doctor within 1 to 2 weeks of starting.  | Continue for at<br>least 7 to 12<br>weeks; can be<br>used up to 6<br>months to<br>prevent relapse. | Insomnia, agitation, dry mouth, headache, seizures, possible changes in mood and/or suicidal thoughts. Notify your doctor and stop taking if you have changes in behavior or mood, or suicidal thoughts. Not for use in people with seizure or eating disorders, or those taking MAO inhibitors for depression. | evaluated for an<br>underlying condition of<br>depression, which may be   |
|   | Blocks nicotine receptors which 1) decreases symptoms of nicotine withdrawal and; 2) reduces the rewarding aspects of cigarette smoking, thereby decreasing nicotine dependence | Start 1 week prior to quit date to reach adequate blood levels. Take with food and a full glass of water to minimize nausea. First take 0.5mg daily for 3 days. Then take 0.5 mg twice daily for 4 days. Follow-up with doctor within 1 to 2 weeks of starting. Then take 1 mg twice daily for the remaining 11 weeks. | •  | Nausea, insomnia, abnormal dreams, constipation, flatulence, and vomiting. Notify your doctor and stop taking if you have changes in behavior, agitation, depressed mood, or suicidal thoughts. A lower dose is necessary with moderate kidney insufficiency.   | Some studies have shown varenicline may be superior to bupropion for smoking cessation.  However, a review study published in July 2011 warns of an "increased risk of serious adverse cardiovascular events associated with the use of varenicline in tobacco users." It is best to weigh the risks and benefits with your doctor. |