

New York State Smokers' Quitline

1 - 8 6 6 - N Y - Q U I T S

(1-866-697-8487) www.nysmokefree.com

**Deaf, Hard of Hearing & Speech Disabled:
Call NY Relay Service 7-1-1 (Voice or TTY)
Request NYS Quitline: 1-866-697-8487**

STOP SMOKING MEDICATIONS

"AT A GLANCE"

- ▶ Speak with your Doctor or Pharmacist about which stop smoking medication is right for you.
- ▶ Medicaid pays for these medications (except Lozenge) when prescribed by your doctor.
- ▶ Many Health Insurance Providers pay for these medications, call your provider for information.

	Nicotine Patch	Nicotine Gum	Nicotine Lozenge	Nicotine Spray	Nicotine Inhaler	Zyban® (Bupropion)	Chantix™ (varenicline)
DOSAGE	Vary from 7mg to 21mg Choice of 16 or 24-hour dosage	4mg – Heavy Smokers (25+ cigarettes/day) 2mg – Light Smokers (Under 25 cigarettes/day)	4mg – If first cigarette is within 30 minutes of waking 2mg – If first cigarette is later than 30 minutes of waking	1-2 doses per hour as needed Do not use more than 40 doses/day	6-16 cartridges per day	Day 1-3: One 150mg tablet each morning Day 4+ : One 150mg tablet each morning and evening	Day 1-3: 0.5mg tablet per day Day 4-7: 0.5mg tablet each morning and evening Day 8-28: 1mg tablet each morning and evening
PROS	Easy to use One patch a day automatically gives the right dose Helps with early morning cravings No prescription needed	Easy to control dose Can help prevent overeating Gives extra help for difficult moments No prescription needed	Helps keep mouth busy Easy to control dose No prescription needed	Fast relief for heavy smokers Easy to adjust dose	Helps keep hands and mouth busy. Easy to adjust dose. Could help prevent overeating.	Easy to use Noticeable reduction in urges to smoke Helps prevent relapses and weight gain In some cases, may be used with patch	Easy to use Reduces the severity of craving and the withdrawal symptoms Lessens the sense of satisfaction associated with smoking
CONS	24-hr patches may disturb sleep Not orally gratifying Possible skin reaction	May be hard to use with dentures Need to use correctly Some users do not like the taste	Not currently covered by NYS Medicaid.	May cause nasal irritation at first Need prescription	Might not be enough for heavy smokers May attract attention Need prescription	Might disrupt sleep, cause headaches or dry mouth Seizure risk in some users Need prescription	May cause nausea Need prescription
COST/DAY (Approximate)	<u>Name Brand:</u> \$4.00 - \$4.50 per day (16 or 24 hour)	<u>Name Brand:</u> \$6.25 to \$7.00 per day (about 10 pieces)	<u>Name Brand:</u> \$4.00 - \$ 4.50 per day	\$5.00-\$15.00 per day	\$6.00-16.00 per day	\$3.00-\$4.00 per day	\$3.00-\$4.00 per day