

First Line Medications				
NRT Type		Dosages/recommendations	Dosage information & Possible Symptoms	
<b>Nicotine Gum</b>	Contains Nicotine	(2 mg.) smoking more than 30 minutes after waking  (4 mg.) smoking within 30 minutes of waking	Don't eat/drink around use  Gum is hard to chew  Nausea, Headache	Over the counter
<b>Nicotine Patch</b>	Contains Nicotine	(21. mg.) smoking 1 pack per day  (14 mg.) smoking ½ pack per day  (7 mg.) smoking 5 or less cigarettes per day	Full dose absorbed in 2 hours  Local irritation of patch, Insomnia, Disturbing dreams	Over the counter
<b>Nicotine Lozenge</b>	Contains Nicotine	(2 mg.) smoking more than 30 minutes after waking  (4 mg.) smoking within 30 minutes of waking	Full dose absorbs in 20 minutes  25% high blood nicotine level to gum, otherwise similar to gum	Over the counter
<b>Nicotine Spray</b>	Contains Nicotine	(0.5 mg) per spray	Fastest acting NRT, Full dose absorbs in 3 minutes  Beneficial for highly dependent smokers	Prescription needed
<b>Nicotine Oral Inhaler</b>	Contains Nicotine	(0.4 mg.) per spray	Throat/mouth irritation Cough, Nausea, Hiccups, Headache	Prescription needed
<b>Bupropion Sr</b> (Brand name - Zyban)	Non - nicotine	Start 1 – 2 weeks prior to quit date	Sustained release antidepressant  Headache, Insomnia, Dry mouth, Increased risk of seizures	Prescription needed
<b>Varenicline</b> (Brand name - Chantix)	Non - nicotine	Start 1 – 2 weeks prior to quit date	Reduces withdrawal and prevents reward of smoking  Vomiting, Constipation Headache , Abnormal dreams	Prescription needed