KNOW THE FACTS ABOUT TOBACCO CESSION PRODUCTS

**OVER THE COUNTER NICOTINE REPLACEMENT THERAPY (NRT)**

Three NRT products are available over the counter: patches, gums and lozenges. Each product comes in a variety of strengths to help decrease nicotine consumption over time.

- **Nicotine patches**
  - Applied to the skin like an adhesive bandage
  - Provide steady dose of nicotine through skin absorption for up to 24 hours

- **Nicotine gum and lozenges**
  - Deliver nicotine through mucous membranes of the mouth
  - Provide dose of nicotine quickly, making them helpful for cravings
  - Can be used on a set schedule or as needed

NRT products provide measured amounts of nicotine to help decrease the uncomfortable effects of withdrawal, without the harmful chemicals in cigarettes.

NRT products are available **over the counter** to people 18 years of age and older.

Using more than one NRT product is acceptable, safe and can increase success in quitting.

NRT products increase the rate of achieving cessation by about 50%.

NRT products are designed for short-term use but are **safe to use long-term** if they prevent a return to smoking.

**PRESCRIPTION CESSION PRODUCTS**

Two NRT products and two oral medications are available by prescription only.

- **Nicotine inhalers**
  - Deliver nicotine through mucous membranes of the mouth
  - Provide measured doses of nicotine

- **Nicotine nasal spray**
  - Nicotine reaches the bloodstream very quickly, making it highly effective for cravings
  - Provides measured doses of nicotine

- **FDA-approved oral medications**
  - Varenicline (Chantix®) reduces pleasurable effects of smoking and withdrawal symptoms
  - Bupropion (Wellbutrin® or Zyban®) decreases nicotine cravings and withdrawal symptoms

Varenicline and bupropion are **safe to use** for people with mental illness.

People who use varenicline are **3x more likely** to successfully quit smoking compared to quitting without assistance.

People who use bupropion are **2x more likely** to successfully quit smoking compared to quitting without assistance.

Bupropion can interact with **MAOIs**, a class of psychiatric medications, and is not appropriate if already using Wellbutrin® for psychiatric purposes.

Call your healthcare provider immediately if you experience worsening psychiatric symptoms while using any cessation product.

Consider using other cessation strategies, such as counseling and 1-800-QUIT-NOW, in combination with NRT or prescription cessation treatments.