

# KNOW THE FACTS ABOUT TOBACCO CESSATION PRODUCTS

## OVER THE COUNTER NICOTINE REPLACEMENT THERAPY (NRT)



## PRESCRIPTION CESSATION PRODUCTS

**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.

**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.