

## Nicotine Replacement Therapy and Cessation Medications: Dosing

FDA approved NRT and medication include:

	Availability*	Dosage	Duration	Education
<b>Nicotine Patches</b>	OTC	21 mg/day for > 10 cigs/day 14 mg/day or 7 mg/day for ≤ 10 cigs/day OR if <100 lbs	Up to 12 weeks Taper after 4-6 weeks	Apply each day to dry, hairless skin Rotate site daily Remove before bedtime if needed to avoid insomnia
<b>Nicotine Gum</b>	OTC	2 mg for < 25 cigs/day 4 mg for ≥ 25 cigs/day Max 1 piece/hour Use as needed	Up to 12 weeks Taper after 4-6 weeks	Do not chew like ordinary gum Alternate chewing and “parking” between the cheek and gum to allow nicotine to absorb through the lining of the mouth (about 30 minutes) Avoid food and acidic drinks (soda and coffee) before and during use
<b>Nicotine Lozenges</b>	OTC	2 mg if smoke 1st cig more than 30 minutes after waking 4 mg if smoke 1st cig within 30 minutes of waking Do not use more than 20 lozenges/day Use as needed	Up to 12 weeks Taper after 4-6 weeks	Do not bite, chew or swallow Allow to absorb in mouth slowly (20-30 minutes) Avoid food and acidic drinks (soda and coffee) before and during use
<b>Nicotine Nasal Spray</b>	RX	Max 40 doses/day 1 dose = 1 spray per nostril	Up to 6 months Taper after 12 weeks	Check with physician
<b>Nicotine Inhaler</b>	RX	6-16 cartridges/day Use 1 cartridge/hour Use as needed	Up to 6 months Taper after 4-6 weeks	Check with physician
<b>Varenicline (Chantix)</b>	RX	Start 1 week before quit date Use as prescribed	As prescribed	Check with physician
<b>Bupropion SR (Zyban or Wellbutrin)</b>	RX	Start 1-2 weeks before quit date Use as prescribed	As prescribed	Can be used with NRT

\*OTC = Over the counter; RX = prescription

For additional information on NRT, cessation medications and dosing:

- **American Cancer Society**  
<http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-types-of-nrt>
- **American Academy of Family Physicians**  
<http://www.aafp.org/afp/2001/0601/p2251.html>
- **Mayo Clinic**  
<http://www.mayo.edu/research/documents/medication-handout-2015-02-pdf/doc-20140182>
- **Food and Drug Administration (FDA)**  
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>

**For more information and to request a training:**

Jenna Wintemberg, PhD, MPH, CHES, Nationally Certified Tobacco Treatment Specialist  
ACES, Creator & Trainer  
cessationineveryschool@gmail.com