



**This Medication Guide is designed to assist health care providers choose the optimal medication that could support an adolescent patient's plan to quit using tobacco.** Prescribers should note that currently no form of nicotine replacement therapy (NRT) or other drug has been FDA approved for use in tobacco users who are under 18 or who are pregnant. According to the 2008 Clinical Practice Guidelines on Treating Tobacco Use and Dependence from the US Dept of Health and Human Services, **NRT and bupropion are not recommended as a part of Pediatric and Adolescent tobacco use intervention.** However, while there is a lack of evidence supporting the effectiveness of medication, each of the drugs listed below have been shown to be safe for use in non-pregnant teens.

PRODUCT	POSSIBLE INDICATION	CONTRA-INDICATIONS	SIDE EFFECTS and INTERACTIONS	BASIC DOSING and DURATION	COST
TRANSDERMAL PATCH (Nicoderm CQ)  OTC (Minors may be asked for proof of age)	<b>Recently Quit:</b> Recommended for use after quit date- during the action/recently quit stage	Patients who are unwilling to stop smoking upon use should not use NRT.	Skin irritation.  Nausea, headache, dizziness, fatigue (Greater when used with Varenicline, bupropion, metformin.)	1 patch per 24 hr <u>21 mg/4 weeks,</u> <u>14 mg/2 weeks,</u> <u>7 mg/2 weeks</u>  Initial dosing based on number of cigs per day. Rotate site of patch.	\$31.00 to \$55.00  (price varies greatly depending on dosage, quantity, and vendor)
GUM (Nicorette)  OTC (Minors may be asked for proof of age)	<b>Recently Quit:</b> Recommended for use after quit date- during the action/recently quit stage	May damage dental work and may interfere with orthodontia.  Patients who are unwilling to stop smoking upon use should not use NRT.	Oral mucosal irritation, Sore Jaw.  Nausea, headache, dizziness, fatigue (Greater when used with Varenicline, bupropion, metformin.)	1-24 cig/day: <u>2 mg</u> gum  $\geq$ 25 cig/day: <u>4 mg</u> gum  Can use up to 24 pieces per day for up to 12 weeks  Requires proper chewing technique	\$48.00 to \$70.00  (price varies greatly depending on dosage, quantity, and vendor)
LOZENGE (Commit)  OTC (Minors may be asked for proof of age)	<b>Recently Quit:</b> Recommended for use after quit date- during the action/recently quit stage	Patients who are unwilling to stop smoking upon use should not use NRT.	Sore throat, Dyspepsia.  Nausea, headache, dizziness, fatigue (Greater when used with Varenicline, bupropion, metformin.)  Avoid food or drink 15 min before, during, and 15 min after dosage.	<u>4 mg</u> if 1 <sup>st</sup> cigarette <30 min after waking  <u>2 mg</u> if 1 <sup>st</sup> cigarette >30 min after waking  Can use up to 20 per day, gradually extend time between doses	\$41.00 to \$57.00  (price varies greatly depending on dosage, quantity, and vendor)
VAPOR INHALER (Nicotrol IN)  OTC	<b>Recently Quit:</b> Recommended for use after quit date- during the action/recently quit	<b>Possible bronchospasm for patients with RAD</b>  Patients who are unwilling to	Mouth or throat irritation, cough, chest discomfort.  Nausea, headache, dizziness,	<u>4 mg</u> /cartridge, 6-16 cartridges per day  Can be used for 3-6 months, with	\$177.59 per box (1 inhaler, 168 ea, Nicotrol)  (price varies greatly



(Minors may be asked for proof of age)	stage	stop smoking upon use should not use NRT.	fatigue (Greater when used with Varenicline, bupropion, metformin.)	tapering over the last 3 months	depending on dosage, quantity, and vendor)
<b>PRODUCT</b>	<b>POSSIBLE INDICATION</b>	<b>CONTRA-INDICATIONS</b>	<b>SIDE EFFECTS and INTERACTIONS</b>	<b>BASIC DOSING and DURATION</b>	<b>COST</b>
NASAL SPRAY (Nicotrol NS)  RX ONLY	<b>Recently Quit:</b> Recommended for use after quit date- during the action/recently quit stage	<b>Possible bronchospasm for patients with RAD</b>  Patients who are unwilling to stop smoking upon use should not use NRT.	Nasal or throat irritation, sneezing, cough, teary eyes, rhinitis.  Nausea, headache, dizziness, fatigue (Greater when used with Varenicline, bupropion, metformin.)	0.5 mg/spray, 1-2 sprays each nostril q1h 8-40 doses per day  Can be used for 3-6 months, tapering dosage.	\$160.59 per box (4 bottles, 10 ml, Nicotrol NS)
VARENICLINE (Chantix)  RX ONLY	<b>Preparing to Quit:</b> Reserve for individuals in the preparation stage as they approach their quit date.	<b>Worsening of pre-existing mental health problems.</b>  <b>Increased risk of depression and anxiety symptoms possibly including suicidal ideation.</b>	Nausea, vomiting, sleep disturbance, constipation, flatulence.  Some side effects may be worse when used with NRT.  Safety of combination use with bupropion not established.	start 1 week before quit date  0.5 mg once a day for 1-3 days, then 0.5 mg twice a day for days 4-7, then treatment dose of 1 mg twice a day up to 11 weeks	\$120.00 to \$124.00  (starter pack and continuing pack are about the same price)
BUPROPION SR (Wellbutrin SR, Zyban)  RX ONLY	<b>Thinking About Quitting &amp; Preparing to Quit:</b> Recommended for individuals contemplating or preparing to quit.	<b>Increased risk of suicidal ideation possible.</b>  <b>Increased seizure risk for patients with seizure or eating disorders.</b>	Sleep disturbance, dry mouth, weight loss, nausea, dizziness, sore throat.  Increased risk of high blood pressure, sometimes severe when used with NRT.  Avoid alcohol consumption.	start several weeks before quit date  150 mg am x 3 days, then 150 mg bid for 7-12 weeks  May continue for up to 6 months	\$194.45 (150 mg, 60 pack, Wellbutrin SR)  \$69.98 (150 mg, 60 pack, generic 12 hr extended release)

**References:**

Physicians' Desk Reference, 62<sup>nd</sup> Edition (2008)  
 Treating Tobacco Use and Dependence: 2008 Update. US Dept of Health and Human Services, Washington, DC.  
[www.Epocrates.com](http://www.Epocrates.com) (Epocrates, Inc., San Mateo California)  
[www.AHWG.net](http://www.AHWG.net) (Adolescent Health Working Group, San Francisco California)  
 Some pricing info from local retail pharmacists, Allentown PA, May 2008.