

MEDICATION TREATMENT PLAN (MTP) FOR SMOKING CESSATION

Patient Name: _____ Quit Date: ____/____/____

Referring physician to select ONE medication from EACH category.

LONG-ACTING Medications:

- Nicotine _____ mg Skin Patch (NicoDerm CQ, Nicotrol, generics)**
- Apply first patch at morning/bedtime on ____/____/____.
 - Wake up next morning, discard old patch, shower, apply new patch at a different site. Change patch each morning, rotating sites each morning. Apply hydrocortisone cream to mildly red/irritated areas. Call if rash develops.
 - If patch causes dream/sleep disturbances, remove patch at bedtime, and replace each morning.
- Bupropion (Wellbutrin SR/XL, Zyban, generics)**
- Start 1 pill (150 mg) each morning on ____/____/____. Continue at that dose for 7 days.
 - On ____/____/____, increase dose to 300 mg each day.
 - Side effects include insomnia, headache, anxiety, and rash. These usually improve with time. Call if you have any side effects or concerns. Be sure that the 2 doses are at least **8 hours apart**, but try to take second dose early in the evening (i.e. 6pm).
- Varenicline (Chantix)**
- Start 0.5 mg once/day for 3 days starting on ____/____/____. Increase to 0.5 mg twice/day for 4 days, then increase to 1 mg twice/day.
 - Take with food to reduce nausea. Use for up to 24 weeks.

SHORT-ACTING Medications:

- Nicotine Lozenge/Gum (please choose)**
- Nicotine Lozenge (Commit)** **Gum _____ mg (Nicorette, generics)**
- Use as needed starting today. For gum, park in cheek when peppery taste begins; for lozenge, allow to dissolve, do not chew.
 - Use up to 10-20 pieces per day. Avoid eating or drinking for 15 minutes before using. Side effects include jaw pain, nausea, hiccups
- Nicotine Inhaler (Nicotrol inhaler)**
- Puff on inhaler as needed to get vapor into mouth (don't need to deeply inhale like a cigarette). Each cartridge lasts about 30 minutes of puffing.
 - Change cartridge when it loses the "burning in throat" sensation (feels like air only). Use as much as you want, up to 16 cartridges per day; you will likely use less, but please use liberally (the more you use, the less cravings and withdrawal symptoms). Side effects include throat irritation and cough; these usually get better in a few days.
- Nicotine Nasal Spray (Nicotrol NS)**
- Use 1 spray in each nostril (1 dose) per hour as needed (maximum 5 doses per hour). Do NOT sniff or inhale. Just spray and tilt head back for 1 minute.
 - Side effects include nasal irritation. Can spray on cotton swab and insert into nose to reduce irritation.