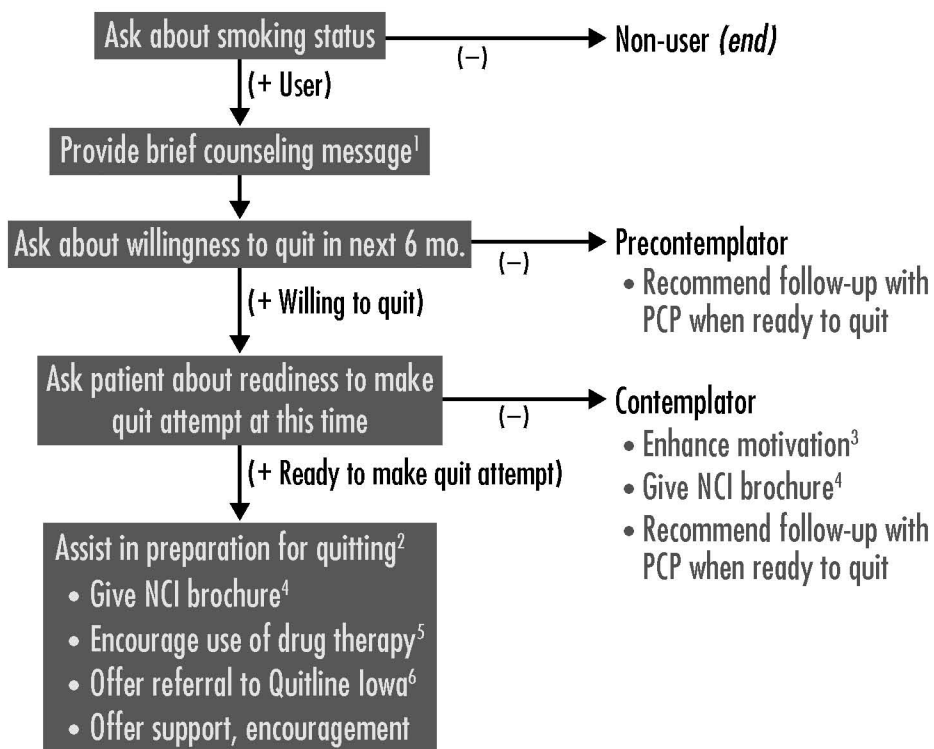


## EMERGENCY DEPARTMENT ACTION IN SMOKING CESSATION (EDASC) BRIEF ASSESSMENT AND COUNSELING



## SELECTED FDA APPROVED MEDICATIONS FOR TOBACCO ADDICTION

Name	Daily Dose	Duration	Side Effects
<b>Nicotine Replacement Products</b>			
24 hour Transdermal Patch	21 mg/24 hrs 14 mg/24 hrs 7 mg/24 hrs	4 weeks 2 weeks 2 weeks	local skin irritation, insomnia, nausea, palpitations
Polacrilex Gum (OTC only)*	2-4 mg (use up to 24 pieces/day). Use 4 mg dose for highly dependent smokers (≥ 25 cpd).	up to 12 wks	mouth & throat irritation, sore jaw, dyspepsia, hiccups
Polacrilex Lozenge (OTC only)*	2 mg or 4 mg (up to 20 pieces per day). Use 4 mg dose for those who smoke within 30 min of waking.	up to 12 wks	mouth and throat irritation, hiccups, dyspepsia, nausea
Nicotine Inhaler	6-16 cartridges/day, 4 mg/cartridge	up to 6 mos.	mouth and throat irritation, cough
<b>Oral Medication</b>			
Bupropion Sustained Release (Zyban, Wellbutrin SR)	150 mg qAM for 3 days (begin 1 week pre-quit), then 150 mg twice a day	7-12 weeks, up to 6 mos.	insomnia, dry mouth, anxiety, nausea
Varenicline tartrate (Chantix)	0.5 mg daily for 3 days (begin 1 week pre-quit), then 0.5 mg bid for 4 days, then 1 mg bid for 11 weeks	12 weeks, up to 6 mos.	nausea, insomnia, headache, depressed mood, agitation, constipation, vomiting, flatulence

\*OTC = over the counter

Sources: Adapted from USPHS Clinical Practice Guideline for Smoking Cessation (2008) and U.S. Food and Drug Administration website: [www.fda.org](http://www.fda.org) (2006).

<sup>1</sup> Example: "I know that it is difficult to quit, but stopping smoking is one of the most important things that you can do to protect your health." Link cessation to patient's current health problems or smoking-related health concerns.

<sup>2</sup> Help the patient select a quit date (preferably within the next 30 days or a date that is personally meaningful). Setting a specific quit date enhances the smoker's commitment to quitting.

<sup>3</sup> Explore the 5 R's of motivational enhancement with the patient (Relevance, Risks (of continued smoking), Rewards, Roadblocks, Repetition).

<sup>4</sup> NCI Smoking Cessation brochures can be found in exam rooms.

<sup>5</sup> Recommend pharmacotherapy in patients who are ready to quit (see reverse side).

<sup>6</sup> Quitline Iowa referral forms are available in exam rooms – need patient's written consent to be contacted by Quitline. Alternatively, refer the patient to his/her primary care physician for cessation counseling.