

Table 4. Pharmacologic Therapies

AGENT	DOSAGE	DURATION	SIDE EFFECTS	COST*
Nicotine gum www.nicorette.com	2-mg or 4-mg doses; chew at least 1 piece q 1-2 hrs. (Acidic drinks such as soda, juices, and caffeinated beverages interfere with absorption.)	Up to 12 weeks	Mouth soreness, dyspepsia, hiccups Caution: Unstable angina, 2 wks post-MI, serious arrhythmia	2 mg; \$2.53- \$5.16 (9 pieces) 4 mg; \$3.18- -\$5.81 (9 pieces)
Nicotine lozenge www.commitlozenge.com	2 or 4 mg (1 lozenge q 1-2 hrs for 6 weeks; 1 lozenge q 2-4 hrs during weeks 7-9; 1 lozenge q 4-8 hrs during weeks 10-12; Use 9-20 lozenges daily depending on need)	Up to 12 weeks	Caution: Uncontrolled blood pressure, recent MI or arrhythmias, stomach ulcers or diabetes	2 mg; \$4.98 (9 pieces) 4 mg; \$5.31 (9 pieces)
Nicotine transdermal patch (NicoDerm CQ) www.nicodermcq.com	21 mg; 14 mg; 7 mg strengths for 16-24 hours	8-10 weeks	Local skin reaction, headache, and sleep disturbance Caution: Unstable angina, 2 wks post-MI, serious arrhythmia	\$3.39-\$3.93 (1 patch)
Nicotine transdermal patch (generic) www.habitrol.com	Same as above	Same as above	Same as above	\$2.10-\$2.94 (1 patch)
Nicotine inhaler www.nicotrol.com	168 cartridges each containing 10 mg per cartridge with 4 mg delivered; 1 spray/nostril (1 mg nicotine) 1-2 doses/hr as needed	Up to 8 weeks, taper during 4-6 weeks	Nasal irritation Caution: Unstable angina, 2 wks post-MI, serious arrhythmia Contraindication: Severe reactive airway disease	\$5.25-\$6.07 (6 cartridges)
Nicotine nasal spray www.nicotrol.com	Each 10 mL spray bottle contains 100 mg nicotine (10 mg/mL) with each activation delivering approximately 0.5 mg of nicotine. Supplied as four 10 mL bottles. One dose is 1 mg or 1 spray in each nostril	Up to 6 months	Nasal irritation and reactive airway disease	\$3.67 (8 doses)
Bupropion SR (Zyban) http://us.gsk.com/products/assets/us_zyban.pdf)	Initiated at 150 mg daily for 3 days, then 150 mg bid	Up to one year	Seizure risk increased, multiple contraindications and precautions	\$3.62-\$5.24 (2 tablets)
Varenicline (Chantix) www.chantix.com	Initial dose 0.5 mg daily for 3 days; 0.5 mg bid days 4-7; followed by 1 mg bid	Up to 24 weeks	Nausea, constipation, and vomiting	\$4.00-\$4.22 (2 tablets)

*Based on AWP from 2006 Drug Topics Redbook, Montvale, NJ: Medical Economics Company, Inc., August 2006