

MEDICATION

YOUR QUIT JOURNEY STARTS TODAY.



WHICH QUIT-SMOKING MEDICATION IS BEST FOR YOU?

Quit medications can help reduce your cravings. This guide will help you pick the medication that is right for you. Always check with your healthcare provider about possible side effects of the medications.

Food and Drug Administration (FDA)-approved Over-the-counter Tobacco Quit Medications

Nicotine Patches: Patches allow nicotine to be absorbed through your skin. You place the patch on your arm or back and leave on for 16 to 24 hours, depending on the brand. Patches deliver a low and even amount of nicotine. They come in three strengths, based on your level of nicotine addiction.

Nicotine Gum: Gum allows nicotine to absorb into your body through the lining of your mouth. You chew the gum slowly and stop chewing when you get a peppery taste or a tingling in your mouth. Then you “park” the gum by moving it between your cheek and gums. The gum comes in two strengths. Nicotine gum isn’t suggested for people with dental issues or Temporomandibular joint (TMJ) syndrome.



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://www.QuitNowVirginia.org)

Text READY to 34191

Nicotine Lozenges: Lozenges also allow nicotine to be absorbed into your body through the lining of your mouth. They look like cough drops or mints and come in two strengths. When you feel the urge to smoke, you “park” a lozenge between your cheek and gums until its dissolves. You should not bite or chew on the lozenge. You can use up to 20 lozenges a day. Lozenges deliver 25% more nicotine than nicotine gum.

FDA-approved Prescription-only Medications:

Nicotine Inhaler: A nicotine inhaler looks like a plastic cigarette. You put a nicotine-filled cartridge into the inhaler and breathe in through the mouthpiece. The inhaler is helpful for people who like to hold something in their hands while trying to quit.

Nicotine Nasal Spray: Nicotine nasal spray is absorbed through the lining in your nose. You gently spray it once in each nostril when you get the urge to smoke. This offers the fastest delivery of nicotine currently available. You can repeat the process up to four times an hour. Your doctor can help you adjust the dosage, if needed.

Zyban (bupropion): Zyban is available in a once-daily pill. This medication helps people quit by changing the chemistry of the brain. Zyban can reduce your cravings and help with mood swings, depression, anxiety, and crankiness caused by withdrawal. Zyban works best when used with the nicotine patches, gum, or lozenges.

Chantix (varenicline): Chantix is a pill which works by blocking nicotine from attaching to brain receptors. When you start taking Chantix, you don’t have to quit right away. Chantix makes you want to smoke less and withdrawal from nicotine becomes easier. Chantix works well for smokers who are highly dependent on tobacco.

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Tobacco Control Program

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