



Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Non-Nicotine Replacement Therapy (NRT) Guidance for Patients

Disclaimer: This document is for patient education purposes only. Consult your health-care provider for personalized advice and a complete understanding of the medication.

Bupropion

What is this drug used for?

- To treat depression and seasonal affective disorder (SAD)
- To help people quit smoking

Common side effects:

- Dizziness
- Headache
- Changes in appetite, dry mouth
- Nervousness
- Trouble sleeping, restlessness

If you experience any of the following, seek medical attention:

- Seizure
- Mood changes, suicidal thoughts
- Chest pain
- Changes in breathing
- High blood pressure
- Confusion, hallucinations
- Allergic reaction
- Eye pain, changes in vision

Dose: Start with 150 mg once daily for 3 days then increase to 150 mg twice daily for 12 weeks

Begin 1-2 weeks before the selected quit date

- Do not double up on doses or take doses too close together to avoid the dose-related seizure risk.

Note: This medication is not recommended in patients with seizure disorder or eating disorders. Avoid using alcohol while taking this medication.

Varenicline

What is this drug used for?

- To help people quit smoking

Common side effects:

- Nausea
- Constipation
- Dry mouth
- Trouble sleeping
- Headache

If you experience any of the following, seek medical attention:

- Seizure
- Mood changes, suicidal thoughts
- Psychosis, confusion
- Chest pain
- Severe nausea, vomiting
- Sleepwalking
- Allergic reaction

Dose: Days 1 to 3: take 0.5 mg once daily

Days 4 to 7: take 0.5 mg twice daily—once in the morning and once in the evening

Days 8 until the end of treatment: take 1 mg twice daily—once in the morning and once in the evening

Take with food or a full glass of water.

Option 1: Select a quit date to stop smoking, then begin taking varenicline 1 week before that date, OR

Option 2: Start taking varenicline before deciding on a specific quit date, then choose a quit date that falls between 8 and 35 days after you begin the medication.