

# CESSATION MEDICATIONS

## SUPPORTING PATIENTS IN QUITTING TOBACCO

**All people trying to quit tobacco should be offered cessation medication**, except when contraindicated or for specific populations (i.e., pregnant women, smokeless tobacco users, light smokers or adolescents).

**Consider medications such as varenicline or combination pharmacotherapy**, which are more effective than nicotine patch therapy alone.

- *Nicotine patch daily + nicotine gum, lozenge, inhaler or nasal spray as needed*
- *Nicotine patch + bupropion SR*

### RECOMMENDATION FOR MEDICATION DOSING (STARTING DOSE)

<b>Nicotine Patch</b>	> 10 cigarettes per day: 21 mg ≤ 10 cigarettes per day: 14 mg
<b>Nicotine Gum or Lozenge</b>	Smoke within 30 minutes of waking: 4mg Smoke after 30 minutes of waking: 2mg
<b>Nicotine Inhaler or Nasal Spray</b>	Use as directed
<b>Bupropion</b>	Days 1 – 3: 150mg daily Day 4 to end of treatment: 150 mg twice daily At least 8 hours between doses Initiate one week before quit date
<b>Varenicline</b>	Days 1 – 3: 0.5mg daily Days 4 – 7: 0.5mg twice daily Day 8 to end of treatment: 1 mg twice daily Initiate one to four weeks before quit date



# ASK, ADVISE & CONNECT: SUPPORTING PATIENTS IN QUITTING TOBACCO

Helping people quit commercial tobacco takes less than 3 minutes.



# 1

## ASK

Provider or care team member asks **every patient** at **every visit** about tobacco following prompts in the EHR, training and clinical work flows, or reminders placed in exam rooms.

*“Do you currently smoke or use other forms of tobacco?”*

Patient's response is documented in the medical record



# 2

## ADVISE

Provider or care team member advises patients who use tobacco to quit.

*“Quitting tobacco products is one of the best things you can do for your health and I know it can be hard. I'm here to help you quit. I can connect you with free resources and support for quitting to help you meet your health goals.”*



# 3

## CONNECT

Provider or care team member connects all patients interested in changing tobacco use to treatment by:

- sending referral to the quitline; and
- prescribing a cessation medication