

Smoking Cessation Aids

Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy (NRT) delivers “clean” nicotine to the body to reduce cravings and withdrawal symptoms during the quit smoking process. It is recommended that you talk to your healthcare professional before starting to use NRT.

How does it work?

When you smoke a cigarette high levels of nicotine enter your lungs and are quickly absorbed into your bloodstream. Nicotine reaches the brain in about 7-10 seconds stimulating feelings of pleasure. When you use an NRT, clean nicotine is released at a slower less intense pace than cigarettes but helps to stabilize the brain so you will feel more comfortable and in control; when you try to stop smoking.






What is Nicotine Withdrawal?

Withdrawal is your body’s response to being without nicotine. Withdrawal symptoms usually only last one to two minutes and are less noticeable after the first 4 to 5 days of being smoke free. Each time you experience one of these symptoms, tell yourself your body is telling you it is recovering from the effects of nicotine, you are having a recovery symptom. Some recovery symptoms include anxiety, constipation, cravings, difficulty concentrating, and difficulty sleeping.

Prescription Medications

There are prescription medications that don’t supply nicotine but can help to reduce the urge to smoke. These are started before the quit date.

Options for Smoking Cessation Aids

	Availability	How it Works	Side Effects
 <p>NICOTINE PATCH</p>	Over the counter and by prescription	<ul style="list-style-type: none"> It is a self-adhesive skin patch that contains nicotine which delivers a steady dose. The patch ranges in strength from 7 mg-21 mg. Apply to clean dry area above the waist. Change every 24 hours. 	<ul style="list-style-type: none"> Sleep disturbance Skin irritability
 <p>NICOTINE GUM</p>	Over the counter and by prescription	<ul style="list-style-type: none"> Nicotine gum contains nicotine and is slowly released when chewed. Do not chew like normal gum. Place gum in mouth and chew a few times then park between your gum and cheek and leave for a few minutes. The gum ranges in strength from 2 mg-4 mg. 	<ul style="list-style-type: none"> Difficult to use with dentures No acidic food/ beverages before or during use Mouth soreness Hiccups
 <p>NICOTINE INHALER</p>	Over the counter and by prescription	<ul style="list-style-type: none"> Nicotine vapour is absorbed through the lining of your mouth and throat. Each cartridge delivers up to 400 puffs of nicotine vapour. It takes at least 80 puffs to equal amount of nicotine delivered by 1 cigarette. 1 cartridge can last 20 minutes and delivers 4 mg of nicotine; only 2 mg is actually absorbed. Max dose of 12 cartridges a day. 	<ul style="list-style-type: none"> Irritation of mouth and throat Coughing Hiccups Headache
 <p>BUPROPION (ZYBAN®)</p>	Prescription needed	<ul style="list-style-type: none"> Is a drug originally used to treat depression and is not established how it helps people quit smoking, but it helps with withdrawal symptoms. Treatment should start while the person is still smoking. Treatment spans from 7 to 12 weeks. 	<ul style="list-style-type: none"> Insomnia Dry mouth Vivid dreams Bad taste in mouth
 <p>VARENICLINE (CHAMPIX®)</p>	Prescription needed	<ul style="list-style-type: none"> This drug works in two ways; it makes smoking less satisfying and at the same time reduces the smoker’s craving and withdrawal symptoms. Treatment should start while the person is still smoking. Treatment spans for 7 to 12 weeks. 	<ul style="list-style-type: none"> Nausea Vivid/strange dreams Depressed mood, agitation, changes in behavior, suicidal thoughts