

# 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<br>≤ 10 cigarettes per day: 14 mg                                                                                       |
| <b>Nicotine Gum or Lozenge</b>         | Smoke within 30 minutes of waking: 4mg<br>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<br>Day 4 to end of treatment: 150 mg twice daily<br>At least 8 hours between doses<br>Initiate one week before quit date       |
| <b>Varenicline</b>                     | Days 1 – 3: 0.5mg daily<br>Days 4 – 7: 0.5mg twice daily<br>Day 8 to end of treatment: 1 mg twice daily<br>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