

PHARMACOLOGY
Nicotine Replacement Therapy

NO AID

You have decided to quit—now what?
Make an appointment to talk with your provider.

My appointment is:

	NICOTINE INHALER	NICOTINE GUM	“COLD TURKEY”	TAPER
Cost The average cost of smoking per year: \$2,550	Free to \$\$\$	Free to \$\$	Free	\$\$
Routine	6-16 cartridges per day for 12 weeks.	Week 1-6: 1 every 1-2 hrs. Week 7-9: 1 every 2-4 hrs. Week 10-12: 1 every 4-8 hrs.	No smoking	Varies
Side Effects	<ul style="list-style-type: none"> Throat and/or mouth irritation Cough Stomach upset Change in taste Sinus pain/pressure Pain in the jaw, neck or back Headaches 	<ul style="list-style-type: none"> Burning in throat Hiccups if chewed too quickly Dental problems 	Nicotine Withdrawal	Nicotine Withdrawal
Success Rate	★★	★★	★	★
Contact Info	 Your Healthcare Provider	 Local Pharmacy		

Quitting Now is the Best Thing for Your Health

Using tobacco in any form can be detrimental to your overall health. In fact, you may have already experienced some smoking-related symptoms, such as:

- Cavities
- Chronic cough
- Facial wrinkles
- Increased belly fat
- Shortness of breath
- Sexual dysfunction

As you continue to use tobacco, your risks for life-threatening illnesses increases.

These include:

- Asthma
- Cancer
- COPD
- Heart disease
- Osteoporosis
- Stroke
- Peripheral vascular disease

Quitting now can greatly decrease your risk for developing any of the above illness and reduce your chance of dying too early by nearly two-thirds.

We encourage you to review the tobacco cessation options and talk to your healthcare provider about what may work best for you. While we've outlined several options, if you have questions about an alternative method to quitting, please talk to your healthcare provider.

TOBACCO CESSATION GUIDE

Your guide to medical care decisions.

stedocs.com
stelizabeth.com

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THERAPY

PHARMACOLOGY
Nicotine-Free Quit Aids

PHARMACOLOGY
Nicotine Replacement Therapy

	COUNSELING (FREEDOM FROM SMOKING, QUITLINE)	HYPNOSIS	ACUPUNCTURE	VARENICLINE TARTRATE	BUPROPION (WELLBUTRIN, VOXRA, ETC.)	NICOTINE PATCH	NICOTINE LOZENGE
Cost The average cost of smoking per year: \$2,550	Free to \$\$\$	\$\$\$\$	\$\$\$\$	Free to \$\$	Free to \$\$	Free to \$\$	Free to \$\$\$
Routine	Varies	Varies	Varies	As prescribed by your provider. Use of tobacco products permitted.	150mg every morning for 3 days, then twice a day for the duration of treatment. Use of tobacco products permitted.	Apply new patch every 24 hours.	Week 1-6: 1 every 1-2 hrs. Week 7-9: 1 every 2-4 hrs. Week 10-12: 1 every 4-8 hrs.
Side Effects	None	None	Discomfort	<ul style="list-style-type: none"> Nightmares Nausea Constipation Gas Vivid Dreams 	<ul style="list-style-type: none"> Dry Mouth Insomnia Suicidal Thoughts 	<ul style="list-style-type: none"> Itching, burning, or tingling when the patch is applied Redness or swelling at the patch site for up to 24 hours Dizziness, headache Upset stomach, vomiting Diarrhea Insomnia Vivid Dreams 	<ul style="list-style-type: none"> Sore throat Heartburn Nausea/indigestion Hiccups
Success Rate	★★★★	★	★	★★★★	★★	★★	★★
Contact Info	Freedom from Smoking at St. Elizabeth Healthcare: (859) 301-5570 Quitline: smokefree.gov (800) Quit-Now	Resources Within, LLC resourceswithin.com (513) 675-1120	St. Elizabeth Healthcare Family Practice Center (859) 301-3800 Ask for an Acupuncture provider.	 Your Healthcare Provider	 Your Healthcare Provider	 Local Pharmacy	 Local Pharmacy