



Stop Smoking Medications “At A Glance” Chart

- Speak with your Doctor or healthcare professional about which stop smoking medication is right for you.
- Most insurance plans including Medicaid and Medicare cover some or all stop smoking medications. Check with your plan.
- Studies have shown you may have an increase in quitting success over using the patch alone, by combining the patch with the gum or lozenge. Talk with your doctor or healthcare provider to see what may work best for you. The use of any combined Nicotine Replacement Therapy (NRT) or prescription medication should be under the supervision of your doctor or healthcare provider.
- Stop smoking medication discount cards are available for all New Jersey residents. Check out www.newjerseydrugcard.com, (tollfree) 1-877-233-3866 or (local) 1-917-715-1560 to see if you qualify. Remember to check for less expensive generic versions.

| | Nicotine Patch | Nicotine Gum (piece every hour) | Nicotine Lozenge (piece every 1-2 hours) | Nicotine Nasal Spray (in each nostril) | Nicotine Inhaler (10mg/cartridge) | Zyban® (start 1 week before quit date) | Chantix™ (start 1 week before quit date) |
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| Dosage & Duration (Taken 2-3 months) | -7mg, 14mg, 21mg. -Choice of 16 or 24-hour dosage. -Taper from 4 weeks to every 2 weeks. | -4mg - (25+ cigarettes /day). -2mg - (under 25 cigarettes/day). -Max. 24 pieces a day for up to 12 weeks. | -4mg - If first cigarette is within 30 minutes of waking. -2mg - If first cigarette is later than 30 minutes of waking. -Max. 20 lozenges a day for up to 12 weeks. | -1-2 doses per hour as needed. -Do not use more than 40 doses/day for 3-6 months. | -Use 6-16 cartridges per day for up to 6 months. | -Day 1-3: One 150mg tablet each morning. -Day 4+ : One 150mg tablet each morning and evening. -Taken 3-6 months. | -Day 1-3: 0.5mg tablet per day. -Day 4-7: 0.5mg tablet each morning and evening. -Day 8-28: 1mg tablet each morning and evening. -Taken 3-6 months. |
| Pros | -Easy to use. -No prescription needed. -Once a day administration. -Provides a steady nicotine level. | -Easy to control dose. -No prescription needed. -Available in different flavors. | -Easy to control dose. -No prescription needed. -Delivers 25% more nicotine than gum. -Helpful for intense cravings. | -Easy to adjust dose. -Most rapid delivery of nicotine. | -Easy to adjust dose. -Available in flavors. | -Easy to use. -Noticeable reduction in urges to smoke. -Helps prevent relapses and weight gain. -In some cases, may be used with patch. | -Easy to use. -Reduces the severity of cravings and withdrawal symptoms. -Lessens the sense of satisfaction associated with smoking. -Developed specifically for smoking cessation. |
| Cons | -Possible skin reaction or insomnia. -Nicotine released slowly: user cannot alter nicotine levels during a craving. | -May be hard to use with dentures. Can damage dental work. -Need to use correctly. -No food or drink for 30 minutes before and during use. -Mouth soreness, jaw soreness or heartburn. | -May cause hiccups or heartburn. -Need to use correctly. -No food or drink for 30 minutes before or during use. | -May cause nasal irritation at first. -Sneezing and coughing or teary eyes. -Need prescription. | -May attract attention. -Need prescription. -May cause irritation of mouth and throat. | -Might disrupt sleep, cause headaches or dry mouth. -Seizure risk in some users. -Need prescription. | -Need prescription. -May cause nausea, insomnia, headache, abnormal dreams. -FDA boxed warning about adverse psychiatric effects. -FDA communication about potential CVD risk. |