

# DOSING

**Tobacco Treatment Medication Dosing Chart**

Product	Nicotine Patch	Nicotine Gum	Nicotine Lozenge	Nicotine Nasal Spray	Nicotine Inhaler	Bupropion SR	Varenicline
<b>Brand Name/Generic Available</b>	Nicoderm CQ® Habitrol Generic	Nicorette® Generic	Nicorette® Generic Mini form also available	Nicotrol NS®	Nicotrol® Inhaler	Zyban® Wellbutrin SR® Generic	Chantix®
<b>Product Strength</b>	21 mg, 14 mg, 7 mg	2 mg, 4 mg	2 mg, 4 mg	10 mg/mL (10 mL bottle ~ 200 applications)	10 mg/cartridge	150 mg SR	0.5 mg, 1mg
<b>Standard Dosing – (Adjustments in dose and/or duration may be needed for optimal benefit and/or reducing risk of side effects)</b>	1 patch / 24 hours 11+ cigarettes per day, use 21 mg for 6 wks, 14 mg for 2 wks, 7 mg for 2 wks. 6-10 cigarettes per day, use 14 mg for 6 wks, 7 mg for 2 wks.	Use one piece every 1-2 hours. 25+ cigarettes/ day or if first cigarette within 30 minutes of waking – start with 4 mg. Maximum 20 per day. Taper over last few weeks	Use one lozenge every 1-2 hours. 20+ cigarettes/day or if first cigarette within 30 minutes of waking – start with 4 mg. Maximum 24 lozenges/day. Taper over last few weeks.	1 spray each nostril/hour. Do not exceed 5 doses/hr or 40 doses/day	6-16 cartridges/day. Use for 6 months, taper over last 3 months.	150 mg daily for 7 days, then twice daily. Start 7 days before target quit date.	Begin 1 week before quit date. Starter Pack includes dose titration from 0.5 mg to 1 mg twice daily.
<b>Common side effects</b>	Mild skin reactions: rotate site, apply 1% cortisone cream Sleep disturbance (vivid dreams, insomnia not from withdrawal); may remove at night	Mouth soreness, hiccup, jaw ache, indigestion	Nausea, hiccups, heartburn, headache, coughing	Nose, throat or eye irritation; runny nose Higher dependence potential compared to other NRT	Mouth or throat irritation, cough, taste change	Insomnia, dry mouth, gastrointestinal symptoms	Nausea, vomiting, gas, constipation, appetite change, headache, sleep disturbance, unusual dreams, drowsiness
<b>Less common, rare, or serious side effects may include, but not limited to</b>	Signs of excessive nicotine include: rapid heart rate, chest pain, dizziness, stomachache, diarrhea, nausea, vomiting, drooling, cold sweat, weakness, headache, confusion, shaking, seizure					<b>Behavioral:</b> include suicidality, agitation, violence, depressed or manic mood, confusion, hallucinations, impulsivity, anxiety <b>Medical:</b> seizures, hypertension, tremor	<b>Behavioral</b> - include suicidality, agitation, violence, depressed mood, confusion, hallucinations, impulsivity <b>Cardiovascular</b> – possible serious events like MI
<b>Brief instructions</b>	Apply 1 patch to healthy, clean, dry, hairless skin like upper arm, upper back, shoulders, lower back or hip. Replace daily after waking. Rotate skin site. Wash hands after handling. Avoid moisturizers under patch.	Chew gum until a peppery taste and slight tingle occurs, and park between cheek and gum. Repeat when taste fades, then park in another area of mouth. Avoid eating and drinking for 15 minutes before and after use.	Allow lozenge to dissolve slowly without chewing or swallowing. Occasionally move lozenge from one side of mouth to the other. Avoid eating and drinking for 15 minutes before and after use.	Blow nose if not clear and tilt head back. Insert bottle tip as far as comfortable, angling toward wall of nostril. Do not sniff while spraying. Wait 2-3 minutes before blowing nose.	Inhale using short breaths or puffs to get vapor in mouth and throat but not lungs. Protect cartridges from excessive heat and light. Less effective if temperature < 60°F degrees	Take with food.	Swallow with water. Avoid taking at bedtime. Do not make up a missed dose by doubling up the next dose. Avoid using NRT with Chantix. May need dose reduction: renal disease, elderly, weight less than 100 pounds.

Center For Tobacco Independence  
[www.tobaccoindependence.org](http://www.tobaccoindependence.org)