

## Advising on Cessation Medications

Disengaging in tobacco use can be difficult. Understanding treatment options and working with your health care provider to establish your treatment plan improves your chances to quit tobacco use. Medication is an important part of treatment for most people trying to stop tobacco use. Using at least one medication when trying to stop smoking, vaping or chewing tobacco will significantly increase the likelihood of success. Approximately 60% of smokers succeed in quitting tobacco when American Lung Association’s Freedom From Smoking® program is paired with use of one or more cessation medications compared to only 13-17% of those who are successful with counseling alone.

“One size” does not fit all. What works for one person may not work for another. Talk with your health care provider about which medications may work best for you.

There are [7 FDA-approved medications](#) that are proven safe and effective to increase your chances of successfully breaking free from tobacco dependency. Those medications include:

| FDA-Approved Cessation Medications |                      |     |    |                   |              |
|------------------------------------|----------------------|-----|----|-------------------|--------------|
| Dosing/Duration                    | Medication           | OTC | Rx | Contains Nicotine | Non-Nicotine |
| Long-Acting Medications            | Nicotine Patch       | ■   |    | ■                 |              |
|                                    | Varenicline          |     | ■  |                   | ■            |
|                                    | Bupropion            |     | ■  |                   | ■            |
| Short-Acting Medications           | Nicotine gum         | ■   |    | ■                 |              |
|                                    | Nicotine lozenge     | ■   |    | ■                 |              |
|                                    | Nicotine nasal spray |     | ■  | ■                 |              |
|                                    | Nicotine inhaler     |     | ■  | ■                 |              |

## Tips for Quitters Using Cessation Medications

- Once you choose which medication you want to try, obtain a script from your health care provider and fill it at the pharmacy counter, regardless of whether the medication is prescription or over the counter. Most insurance companies offer a tobacco cessation benefit to help with the cost of these medications.
  - Consider a combination of long-acting and short-acting medication for maximum support throughout the day and during those tough break-through cravings as needed.
  - If you have any undesirable symptoms associated with use of any of those medications chosen, talk to your doctor right away and switch to something else.
- There are so many other options and the important thing to note is medication is better than stopping using medication due to side effects experienced.
- Monitor the intensity and frequency of your urges to use tobacco. Discuss with your health care provider and explore if you are using the best medication, may need a combination of long-acting plus short-acting or increase dosage.
  - Use your quit medication as intended for the full duration advised by your health care provider. Stopping your medication early or not dosing it as instructed during your quit attempt puts you at risk of relapse back to tobacco use.