

## Smoking Cessation Methods

### BEHAVIORAL THERAPIES:

**Changing Habits:** Because smoking is a habit, it is important to alter other habits or activities in order to quit (i.e.: replace smoking with walking). This also includes support groups or having a source of accountability. It is important to remember that none of the methods listed will 'make' someone quit smoking, but that each option is merely a crutch: quitting smoking has to be a conscious decision on the part of the smoker, with the options listed as an adjunct to cessation. It is also common to attempt to quit several times before one is successful.

**Hypnosis:** Positive Changes (606 120th Ave NE, Ste D-204, Bellevue, WA 98005 800-470-5651)  
-1 session per week for six months, Audio recording 2-3 times per day  
-No chemicals, improves other aspects of life simultaneously

### NICOTINE REPLACEMENT THERAPIES:

**Nicoderm CQ** (Nicotine Transdermal Patch: stop cigarette use at start of patch therapy)

\*For >10 cigarette per day habit: Start: 21mg patch per day for 6 weeks, 14mg patch per day for 2 weeks, 7mg patch per day for 2 weeks

\*For 6-10 cigarette per day habit: Start: 14mg patch per day for 6 weeks, 7mg patch per day for 2 weeks

**Nicorette Gum or Losenge** (Nicotine Gum: stop cigarette use at start of gum or losenge therapy)

\*For 1st cigarette <30min after waking: Start: 4mg piece of gum every 1-2 hours for 6 weeks (Max 24pc/24hrs), Then every 2-4 hours for 3 weeks, Then every 4-8 hours for 3 weeks

\*For 1st cigarette >30min after waking: Start: 2mg piece of gum following schedule above

- Chew to activate gum, then hold in cheek
- Dissolve in mouth; do not cut/crush/chew/swallow
- Avoid food/drink 15min before to 15min after use

**Nicotrol Inhaler** (Nicotine 4mg Inhaled via cartridge): stop cigarette use at start of inhaler therapy

6-16 cartridges inhaled per day for 6-12 weeks, taper over next 6-12 weeks (Max 16 cart/24hr)

-use frequent continuous puffing x20min each cartridge (80 deep inhalations over 20min releases 4 mg nicotine of which 2 mg is absorbed); after 6-12wk initial tx, taper dose over 6-12wk

**Nicotrol NS** (Nicotine 0.5mg Nasal Spray: stop cigarette use at start of spray therapy)

1-2 sprays each nostril every hour for 8 weeks, taper over next 4-6 weeks (Max 10 sprays/hr or 80 sprays/24hr); taper dose gradually over 4-6wk

### PHARMACOTHERAPIES

**Zyban (bupropion)** - (Can be used in combination with nicotine replacement therapy)

1 tablet (150mg) twice a day for 7-12 weeks (Max: 300 mg/24hr)

Stop cigarette use after 1 week use of Zyban

Contraindicated in pregnant, seizure disorder or taking other antidepressants, avoid/minimize alcohol use; do not cut/crush/chew; separate doses by at least 8h; last dose no later than 6pm

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**Chantix (varenicline)** - (Should NOT be used in combination with nicotine replacement therapy)

1 tablet twice a day for 11 weeks (Max: Max: 2 mg/24hr)

Start 0.5mg per day for 3 days, then 0.5mg twice per day for 4 days

Stop cigarette use after 1 week use of Chantix

Initial treatment is 12 weeks (1 start pack + 2 cont. pack); may cont. additional 12wk if initial tx successful

-give w/ food

**Helpful phone numbers:** 1-877-270-STOP  
1-800-4-CANCER  
1-800-QUIT NOW

**Helpful websites:** <http://cis.nci.nih.gov>  
[www.SmokeEnders.com](http://www.SmokeEnders.com)  
[www.SmokeFree.gov](http://www.SmokeFree.gov)  
[www.Smoking-Cessation.org](http://www.Smoking-Cessation.org)