

WHAT	WHO SHOULDN'T USE IT. People who are:	WHAT IT DOES	WHAT THE SIDE EFFECTS ARE	HOW TO USE IT	HOW LONG DO YOU TAKE IT
Nicotine Patch	Children under 12 Allergic to sticking plaster or have had a skin reaction to it in the past OK for pregnant and breastfeeding women- but discuss risks, and if pregnant then remove overnight	Replaces some of the nicotine Helps to reduce the cravings Makes quitting easier	Skin often gets a bit red Skin gets itchy Some people have a slight ache in the arm	High dose used to start with. Medium and low does used near the end of treatment Stick on dry smooth skin. Different spot each day. Hold for 10-20 seconds to make sure its stuck	About 8 weeks for high dose Then 4 more weeks for medium or low dose.
Nicotine gum	Children under 12 Using false teeth (dentures) Have had a reaction to it in the past OK for pregnant and breastfeeding women- but discuss risks	Replaces some of the nicotine Helps to reduce the cravings Makes quitting easier	Bad taste Irritation to the mouth and throat If swallowing too much people get hiccups and heartburn. If this occurs check if they are using it correctly.	4 mg gum for those who smoke within 60 minutes of waking 2 mg gum for those who smoke after 60 minutes of waking 1 piece an hour to start. Chew until you taste it. Wait, then when the taste goes, chew again. Do that for 30 mins. Don't eat and drink while it is in your mouth.	8 to 12 weeks
Nicotine mouth Spray	Children under 12 OK for pregnant and breastfeeding women- but discuss risks	Replaces some of the nicotine Helps to reduce the cravings Makes quitting easier	Slight irritation of the mouth and throat If swallowing too much people get hiccups and heartburn. If this occurs check if they are using it correctly.	1 mg per spray – use 1 or 2 sprays every 30 minutes. Can use 4 sprays per hour. Spray it in the air first to get it working. Point in open mouth towards cheek or under tongue – not on throat. Spray and DON'T inhale at same time Wait a minute or so before swallowing. Don't eat or drink for 30 minutes.	8 – 12 weeks
Nicotine lozenge	Children under 12 OK for pregnant and breastfeeding women- but discuss risks	Replaces some of the nicotine Helps to reduce the cravings Makes quitting easier	Bad taste Irritation to the mouth/throat If swallowing too much people get hiccups and heartburn. If this occurs check if they are using it correctly.	2 mg for those who smoke within 60 minutes of waking 1 mg for those who smoke after 60 minutes of waking (can increase to 2 if not enough) Use every hour to start. Suck until taste and park in cheek. Suck again when the taste fades. Do that for 30 mins.	8 to 12 weeks
Nicotine inhalator	Children under 12 OK for pregnant and breastfeeding women- but discuss risks	Replaces some of the nicotine Helps to reduce the cravings Replaces the behaviour of smoking Makes quitting easier	Slight irritation of the mouth and throat and a cough	15mg cartridge Use 3 to 6 cartridges a day Each cartridge is about 100 puffs – use for 20 minutes each hour. Keep the inhalator warm on cold days. Nothing goes into the lungs!	8 to 12 weeks

WHAT	WHO SHOULDN'T USE IT People who are:	WHAT IT DOES	WHAT THE SIDE EFFECTS ARE	HOW TO USE IT	WHO GIVES IT	HOW LONG DO YOU TAKE IT
Zyban pills Bupropion	Pregnant or breastfeeding Less than 18 Using insulin Have had an eating disorder Allergic to it If taking Monoamine Oxidase Inhibitors (MAOI) within 14 days Have had seizures Have central nervous system tumour Are quitting alcohol or sleeping pills at the same time And Take caution if you have liver or kidney disease	It reduces the urge to smoke. Anti-depressant. Reduces withdrawal symptoms	Dry mouth Insomnia Headache Rash Seizure has been rarely reported. The risk of seizure (1 in 1000 people) is similar to other antidepressants. Watch for any changes in mood	150mg tablet as the doctor prescribes. Start 1 week before quitting 1 pill on Day 1, Day 2, Day 3 Then 1 pill twice daily with 8 hour gap in between	GP will give prescription and info about how to take it. Fully funded.	7 to 12 weeks
Norpress pills Nortriptyline	Pregnant or breastfeeding Less than 18 yrs old Have had a recent heart attack Allergic to it Have taken Monoamine Oxidase Inhibitors (MAOI)s within 14 days e.g. clozapine and olanzapine – anti psychotics	Antidepressant It reduces withdrawal symptoms	Drowsiness Dry mouth Constipation	Start 2 to 4 weeks before you quit 25mg pill 1 pill per day to start then increase to 3 or 4 per day	GP will give prescription and info about how to take it. Fully funded.	12 weeks
Champix pills Varenicline	Less than 18 yrs old Pregnant Breast feeding Allergic to it	It reduces the urge to smoke Reduces reward from smoking	Nausea Headache Insomnia Weird dreams Watch for any changes in mood	0.5mg or 1 mg tablets as the doctor prescribes Start 1week before quitting with 0.5mg for three days. Then 0.5mg twice daily for 4 weeks. Then 1mg twice daily	GP (as above) Fully funded If you've tried NRT twice or tried Zyban or nortriptyline	Can take for 12 weeks and then for another 12 weeks if needed (only the first 12 weeks is funded)
NICOTINE WITHDRAWAL SYMPTOMS			NOT RELATED TO NICOTINE WITHDRAWAL			
Depressed mood Sleep disturbances Irritability Difficulty concentrating Restlessness		Increased appetite and increased weight Constipation Mouth ulcers Light headedness Urges to smoke	Headache Sweating Chest pain Palpitations Blurred vision Tremor Decreased sense of smell Fatigue Skin rash			