

QUITTING PRODUCTS

Most people stop smoking without using Nicotine Replacement Therapy (NRT) products, but some people find them helpful. Quitting products work best if you are committed to stopping smoking and have support to do so. If you decide to try quitting products, it is important to discuss your options with your health practitioner (GP, pharmacists or nurse practitioner). Some of these products may not be suitable if you:

- have heart or circulatory disease
- have recently had a stroke
- have other existing medical conditions
- are taking certain kinds of medication
- are pregnant or breastfeeding
- have a mental health condition.

This table provides a brief guide of quitting products currently available. It is not a substitute for advice from a health practitioner.

Product	What it does	Advantages	Considerations
Nicotine patch	<ul style="list-style-type: none"> ■ The nicotine in the patch is slowly and constantly released and absorbed through your skin. ■ Use one patch per day, putting the new patch in a different place to avoid skin irritation. ■ Patches can be used in combination with other NRT products, with advice from a health practitioner. 	<ul style="list-style-type: none"> ■ Provides a constant dose of nicotine. ■ Only one application per day. ■ Patches are available in different strengths 21mg/24hour patch or 15mg/16 hour patch. ■ Can be bought in some supermarkets, chemists – no prescription needed. ■ Patches are also available on the Pharmaceutical Benefit Scheme (PBS), with a prescription from a medical practitioner (GP) or authorised nurse practitioner. 	<ul style="list-style-type: none"> ■ For best results it is recommended to use patches for about 12 weeks. ■ Discuss which strength is the right one for you with a health practitioner. ■ Patches may irritate the skin and may not be suitable for people with skin conditions. ■ Patches may disturb your sleep. ■ Possible side effects include headache, dizziness, nausea and muscle soreness. ■ Patches should be used in accordance with the advice from a health practitioner.
Nicotine gum	<ul style="list-style-type: none"> ■ The nicotine in the gum is absorbed through the lining of your mouth. ■ The nicotine in the gum is released a little at a time. ■ The gum should be chewed slowly for about a minute then rested between the cheeks and the gums. 	<ul style="list-style-type: none"> ■ Can help to reduce cravings and withdrawal symptoms. ■ Gum is available in 2mg and 4mg strengths. ■ Can be bought in some supermarkets, chemists – no prescription needed. 	<ul style="list-style-type: none"> ■ For best results it is recommended to use gum for 3 or more months. ■ Should be used at regular intervals for best results. ■ May not be suitable for people who wear dentures. ■ Possible side effects include sore mouth or throat, headache, nausea, increased salivation, hiccups, indigestion. Muscles in the jaw may ache from chewing. ■ Dose should be gradually reduced over the course of the treatment. ■ Gum should be used in accordance with the advice from a health practitioner.

Product	What it does	Advantages	Considerations
Nicotine lozenges or tablets (for dissolving in mouth)	<ul style="list-style-type: none"> ■ The nicotine in the lozenge is absorbed through the lining of your mouth. ■ The lozenge should be allowed to dissolve slowly and completely, without chewing or swallowing it. ■ The number of lozenges used per day is gradually reduced over the course of the treatment. 	<ul style="list-style-type: none"> ■ Can help to reduce cravings and withdrawal symptoms. ■ Lozenges are available in 2mg and 4mg strength. ■ Can be bought in some supermarkets, chemists – no prescription needed. 	<ul style="list-style-type: none"> ■ For best results it is recommended to use lozenges for up to 12 weeks. ■ Should be used at regular intervals for best results. ■ Possible side effects include sore throat, sore mouth, headache, hiccups, indigestion, nausea and flatulence. ■ Dose should be gradually reduced over the course of the treatment. ■ Lozenges should be used in accordance with the advice from a health practitioner.
Nicotine mouth spray	<ul style="list-style-type: none"> ■ The nicotine in the spray is quickly absorbed through the lining of your mouth. ■ Point the nozzle towards the inside of your cheek and spray, avoid swallowing for a few seconds after spraying. ■ May be used in combination with nicotine patches, with advice from a health practitioner. 	<ul style="list-style-type: none"> ■ Can help to reduce cravings and withdrawal symptoms. ■ Mouth spray is available in 1mg strength. ■ Can be bought in some supermarkets, chemists – no prescription needed. 	<ul style="list-style-type: none"> ■ For best results it is recommended to use mouth spray for about 12 weeks. ■ May cause tingling if spray contacts lips. Avoid getting spray in eyes. ■ Possible side effects include headache, nausea, hiccups, mouth or throat discomfort, coughing and shortness of breath. ■ Dose should be gradually reduced over the course of the treatment. ■ Mouth spray should be used in accordance with the advice from a health practitioner.
Nicotine inhaler	<ul style="list-style-type: none"> ■ The nicotine is released into your mouth when air is drawn through the inhaler and the nicotine is absorbed through the lining of your mouth. ■ Each nicotine cartridge gives about 40 minutes of use. ■ May be used in combination with nicotine patches, with advice from a health practitioner. 	<ul style="list-style-type: none"> ■ Can help to reduce cravings and withdrawal symptoms. ■ Can be bought in some supermarkets, chemists – no prescription needed. ■ Gives you something to do with your hands. ■ Mimics act of smoking. 	<ul style="list-style-type: none"> ■ For best results it is recommended to use the inhaler for at least 12 weeks. ■ Should be used at regular intervals for best results. ■ Possible side effects include hiccups, sore throat, increased saliva in your mouth and indigestion. ■ Dose should be gradually reduced over the course of the treatment. ■ Inhaler should be used in accordance with the advice from a health practitioner. ■ Inhaler should be avoided if suffering from asthma and chronic throat conditions.

Nicotine oral film/strips	<ul style="list-style-type: none"> ■ The nicotine in the oral strip is absorbed through the lining of your mouth. ■ The oral strip should be put on your tongue and pressed gently to the roof of your mouth. Allow to dissolve completely (approximately 3 minutes) without chewing or swallowing it ■ May be used in combination with nicotine patches, with advice from a healthcare practitioner. 	<ul style="list-style-type: none"> ■ Can help reduce cravings and withdrawal symptoms. ■ Can be bought in some supermarket, chemists – no prescription needed. 	<ul style="list-style-type: none"> ■ For best results it is recommended to use the oral strips for 12 weeks. ■ Possible side effects include sore or swollen throat, nausea, hiccups, stomach upset, indigestion/heartburn and headache. ■ Dose should be gradually reduced over the course of the treatment. ■ Oral strips should be used in accordance with the advice from a health practitioner.
Zyban (bupropion hydrochloride)	<p>You must discuss with your medical practitioner whether this medicine is suitable for you.</p> <ul style="list-style-type: none"> ■ Zyban is a medicine prescribed to help stop smoking, in conjunction with professional support such as a 'stop smoking' program. ■ Zyban is thought to work by acting on a number of brain chemicals, enabling them to block nicotine's effects. ■ Zyban does not give an effective dose straight away, and needs about one week to build up (although this timeframe can vary from person to person). Therefore, a course of Zyban is started while still smoking, with a target stop smoking day set during the second week of taking the medication. 	<ul style="list-style-type: none"> ■ Zyban can help to reduce cravings and withdrawal symptoms. ■ Zyban does not contain nicotine and is not addictive. ■ Zyban is available on the PBS and requires a prescription from your medical practitioner. 	<ul style="list-style-type: none"> ■ Possible side effects include headache, difficulty sleeping, dry mouth, nausea and vomiting, fever, weakness or lack of energy, dizziness, irritability, agitation, anxiety, tremor or shakiness, difficulty in concentrating, changes in mood and stomach pain. ■ Do not stop taking Zyban without talking to your doctor first. You may need to reduce your dose gradually. ■ Zyban should be used in accordance with the advice from your medical practitioner.
Champix (varenicline tartrate)	<p>You must discuss with your medical practitioner whether this medicine is suitable for you.</p> <ul style="list-style-type: none"> ■ Champix is a medicine prescribed to people to help stop smoking, in conjunction with professional support such as a 'stop smoking' program. ■ Champix works by blocking the nicotine receptors in the brain, reducing the feeling of satisfaction you get from smoking. ■ Champix can be started while still smoking, with a target stop smoking day set 1 – 2 weeks into treatment. 	<ul style="list-style-type: none"> ■ Champix can help to reduce craving and withdrawal symptoms. ■ Champix does not contain nicotine and is not addictive. ■ Champix is available on the PBS and requires a prescription from a medical practitioner. 	<ul style="list-style-type: none"> ■ Possible side effects include headache, dizziness, nausea, stomach discomfort, indigestion, constipation, wind, sleep disturbance, fatigue, increased appetite and changes in taste. ■ Do not stop taking Champix without talking to your doctor first. You may need to reduce your dose gradually. ■ Champix should be used in accordance with the advice from your medical practitioner.

Current as at June 2016. Sources: Product information provided online by manufacturers and MIMS online www.mimsonline.com.au

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