

Quit-Smoking Products

Over the Counter

	How It Works	Length of Treatment	Possible Side Effects
Nicotine Patch*	- Gives you nicotine through the skin at a constant rate - Ask your doctor about combining the patch with nicotine gum or nasal spray	Take smaller and smaller doses over about 2 months	- Skin rash, itching - Trouble sleeping - Nausea
Nicotine Gum*	Gives you nicotine through the mouth	Take smaller and smaller doses over about 2 to 3 months	- Sore mouth or jaw - Indigestion, hiccups - Dizziness, nausea
Nicotine Lozenges*	Gives you nicotine through the mouth	Take smaller and smaller doses over about 3 months	- Sore mouth - Belching, hiccups - Dizziness, nausea, weakness

Prescription Only

	How It Works	Length of Treatment	Possible Side Effects
Nicotine Nasal Spray*	- Gives you nicotine through the nose - Works more quickly than other nicotine products	Use for 3 to 6 months	- Irritated nose, eyes, throat - Coughing, sneezing - Anxiety, restlessness
Nicotine Inhaler*	Nicotine is breathed in through the mouth	Use for up to 6 months; take smaller and smaller doses over about 3 months	- Mouth and throat irritation - Coughing
Bupropion SR	- Reduces withdrawal symptoms and urges - Does not contain nicotine	Start 2 weeks before you quit, then take for 2 to 6 months	Behavioral changes, including depression, hostility, and suicidal thoughts and actions
Varenicline	- Blocks withdrawal symptoms and urges - Does not contain nicotine	Start 1 week before you quit, then take for 3 months	Behavioral changes, including depression, hostility, and suicidal thoughts and actions

All products conflict with certain other medications or medical conditions. If you have questions, ask your pharmacist or doctor.

*These products contain nicotine. Don't smoke while using a nicotine product. Doing so could give you a dangerous overdose of nicotine.