PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Quitting Tobacco – Medication Options & Information:

Prescription Products:

There are two kinds of prescription medications available for quitting smoking:

1) Zyban® (bupropion)
2) Champix® (Varenicline)

Prescription Medication for Quitting Smoking	**Chance of Success (Compared to not using any medication therapy)**
Zyban®	**Double**
Champix®	**Triple**

Non-prescription products: nicotine replacement therarpy (nrt)

There are four different kinds of nicotine replace therapy (nrt) available:

1) Nicotine Gum
2) Nicotine Patch
3) Nicotine Inhaler
4) Nicotine Lozenge

Nicotine Replacement Medications	Time Until Highest Level of Nicotine in Bloodstream
Smoking	7-10 seconds
Gum	20-30 minutes
Patch	2-6 hours
Inhaler	80 puffs = 1 cigarette
Lozenge	20-30 minutes

Medications can assist you to quit tobacco for good.

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