PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Drug Name

- Varenicline

Strength

- 0.5mg and 1mg tablets

How it works

- Champix® helps to relieve the craving and withdrawal symptoms that can happen when you quit smoking.
- Champix® does not contain nicotine but it affects the nicotine receptors in your body. - it acts like a weaker kind of nicotine, and also blocks nicotine from getting to the nicotine receptors.

How to Use

- Days 1, 2 & 3: Take one 0.5mg tablet (white) once a day.
- Days 4, 5, 6 & 7: Take one 0.5mg tablet (white) twice a day.
- Day 8 until the End of Treatment: Take one 1mg tablet (blue) twice a day.
- Quit smoking in your second week (Day 8-14) of Champix® therapy.
  - Treatment lasts 12 weeks.

Important

- Take dose with lots of water.
- If you miss a dose and it is almost time to take your next dose, only take your next dose when you are meant to (never double up your doses).

Things to avoid

- Do not use other forms of nicotine replacement therapy (NRT), like the nicotine patch, gum, inhaler, or lozenge (this will make you more likely to experience side effects from nicotine).
- Do not smoke after Day 14 (this will lower your chance of successfully

Quitting and will make you more likely to experience side effects from nicotine).

Side Effects

- Like other medicines, Champix® can cause some side effects. If they occur, they are most likely to be minor and go away within your first week of taking Champix®.
- These side effects could be: Upset stomach (nausea or
  - vomiting) (To help: Take Champix® with food and lots of water).
  - Headache (To help: relaxation, massage, or can try Tylenol if needed).
  - Abnormal dreams (To help: avoid smoking after Day 14 and other stimulants like caffeine while taking Champix®).
- Ask your pharmacist or doctor about more information about possible side effects and how to manage them if they happen.
- If you notice anything abnormal (like changes in your mood, shakiness, fever, etc.), contact your doctor right away.

Benefits

- **Champix can triple your chances of successfully quitting.**
- You avoid harm done to yourself and others because you won't be smoking.
- By quitting smoking you save money, you smell better, you can breathe better, and you reduce your risk of developing different diseases and cancers.