

Dosing and Administration of Medications for Tobacco Treatment

Preferred Regimens

Combination nicotine replacement therapy (NRT)

(Long-acting NRT (nicotine patch) + short-acting NRT (gum/lozenge/nasal spray))

or

Varenicline

Medication	Dose/Administration
<p>Combination NRT (preferred)</p>	<p>Nicotine patch + short-acting NRT</p> <p>Long-acting nicotine patch: 21, 14, or 7mg, daily > 10 cigarettes per day, use 21mg <10 cigarettes per day, use 14mg < 5 cigarettes per day, use 7mg (consider using more than one patch to increase the dose to 35 or 42mg if 1-mg patch is not effective)</p> <p style="text-align: center;">+</p> <p>Short-acting gum or lozenge: 2 or 4mg, q1-2/hr PRN 2mg preferred if time to first cigarette is >30 minutes after waking 4mg preferred if time to first cigarette is <30 minutes after waking</p> <p style="text-align: center;">or</p> <p>Short-acting nasal spray, 1-2 doses/hr PRN, max 80 sprays (40mg)/day 1 spray (0.5mg) in each nostril</p>
<p>Varenicline (preferred)</p>	<p>Days 1-3: 0.5mg orally, once daily Days 4-7: 0.5mg orally, twice daily Day 8 to end of treatment; 1mg orally, twice daily (if tolerated) Consider increase to 3mg per day (1.5mg twice daily if tolerated) for those who cut back by >50% but have not quit in 6 weeks If severe renal impairment (estimated creatinine clearance <30mL/min): begin with 0.5mg once daily and titrate to 0.5mg twice daily For patients with end-stage renal disease undergoing hemodialysis, 0.5mg maximum daily, if tolerated.</p>

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Medication	Dose/Administration
Bupropion	Days 1-3: 150mg orally, once daily Day 4 to end of treatment: 300mg daily (sustained release 150mg orally, twice daily, if tolerated or extended release: 300mg, once daily, if tolerated) <ul style="list-style-type: none">• Maximum 300mg per day• Adjust dose and frequency for:<ul style="list-style-type: none">○ Renal impairment: Gradually decrease dose over 10 weeks or more.○ Hepatic impairment:<ul style="list-style-type: none">■ Mild hepatic impairment (Child-Pugh score 5-6), consider reducing the dose and/or frequency adjustment■ Maximum dose 150mg every other day for moderate/severe hepatic impairment

Other Recommended Regimens

Varenicline + NRT

or

Bupropion +NRT

or

Varenicline + Bupropion

When considering pharmacotherapy options, consider cultural and contextual considerations including cost, ability to pay, insurance coverage, ability to adhere to the treatment regimen, and patient preference.

Tobacco Use and Dependence Guideline Panel. Treating Tobacco Use and Dependence: 2008 Update. Rockville (MD): US Department of Health and Human Services; 2008 May.