



Physicians Plus

## Quit Tobacco for Life

### Nicotine Cessation Classes

There are a variety of nicotine cessation programs, listed below, available to Physicians Plus members. These classes can help you quit smoking more successfully and you can qualify for cash reimbursement through our Good Health Bonus program. Use the contact numbers below to find out more about the programs. You may be connected to a voicemail box of an individual who can provide you with more information on their programs. Simply leave your contact information for a return call.

UW Health, Smoking Cessation and Prevention Clinic **(608) 263-0573**

Beaver Dam Community Hospital **(920) 887-4152**

Columbus Community Hospital, Respiratory and EKG services **(920) 623-1374**

Fort Atkinson Community Hospital, Health Promotion Department **(920) 568-5244**

Sauk Prairie Memorial Hospital, Respiratory Services **(608) 643-7246**

Wisconsin Quitline **(877) 270-STOP**

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Physicians Plus also provides coverage for many medications used in nicotine cessation therapy. Detailed information on nicotine replacement therapies, non-nicotine prescription medications, and coverage benefit information can be found on the following pages.

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## Nicotine Replacement Therapy (NRT)

NRT provides controlled amounts of nicotine to relieve nicotine withdrawal symptoms including nicotine craving, but does not cause pleasant sensations.<sup>1,4</sup> This allows you to concentrate on changing your habits to avoid smoking. A recent review of studies on nicotine replacement therapy (NRT) showed that NRTs increase the rate of quitting by 50-70%.<sup>2</sup> Various types of NRT are available by prescription (Rx) or over-the-counter (OTC).

### General Precautions for all NRT

Consult your doctor **before** using **any types** of NRT if you:

- are less than 18 years old
- are pregnant or planning to become pregnant, or breastfeeding
- have heart disease (e.g. high blood pressure, irregular heartbeat, recent heart attack)
- take prescription medications for depression or asthma, or use insulin for diabetes
- have hyperthyroidism

### 1. Nicotine Patch (Nicoderm CQ<sup>®</sup>, Habitrol<sup>®</sup>, Nicotrol<sup>®</sup>)<sup>3,4</sup>

The patches do not contain the tar or poisonous gases found in cigarettes while providing controlled amount of nicotine.<sup>5</sup> Nicotine delivery is available in 24-hours and 16-hours formulations. If you crave cigarettes upon awakening, you should use the 24-hour patches. Consult your doctor before using the product if you have allergies to adhesive tape or have skin problems.

If you smoke...	Product Names (Over-the-Counter)	Nicotine Strengths			Treatment term*	
		Step 1	Step 2	Step 3	8 week schedule	10 week schedule
10 or more per day	Nicoderm CQ <sup>®</sup> , Habitrol <sup>®</sup> or generics	21mg/ 24 hrs	14mg / 24 hrs	7mg/ 24 hrs	Step 1: 4 weeks Step 2: 2 weeks Step 3: 2 weeks	Step 1: 6 weeks Step 2: 2 weeks Step 3: 2 weeks
	Nicotrol <sup>®</sup>	15mg/ 16 hrs	10mg/ 16 hrs	5mg/ 16 hrs		
10 or less per day	Nicoderm CQ <sup>®</sup> , Habitrol <sup>®</sup> or generics		14mg / 24 hrs	7mg/ 24 hrs	Step 1: Skip Step 2: 6 weeks Step 3: 2 weeks	
	Nicotrol <sup>®</sup>		10mg/ 16 hrs	5mg/ 16 hrs		

\*Nicoderm CQ<sup>®</sup> recommends a 10 week schedule if you smoke 10 or more cigarettes per day

#### Directions

- DO NOT SMOKE while using this medication. Consult your health care provider about alternatives to manage cravings.
- Apply the patch to a clean, non-hairy area each day. Do not cut the patch.
- Most patches are dosed every 24 hours, so change the patch at the same time each day.
- Apply a new patch to a different area and remove the old patch.
- Discard the old patch by folding it in half and sticking the sides together.
- Keep medication away from children and pets.
- Rinse hands with water after applying the patch. You may shower, swim or use a sauna with the patch.

### Possible Side Effects

- Monitor skin redness or itching; contact your doctor if this is severe or persistent. Over-the-counter hydrocortisone cream is helpful if this side effect is a problem. Ask your pharmacist for assistance.
- You may experience vivid dreams, insomnia, nervousness, diarrhea, headaches, dizziness, upset stomach, weakness or blurred vision.

## 2. Nicotine Gum (Nicorette®)<sup>4,6</sup>

Consult your doctor before using nicotine gum if you have stomach ulcer, dental or jaw problems, or diabetes.

If you smoke ...	Products (Over-the-counter)	Recommended Treatment		Notes
		Weeks	Dosing	
25 or more per day	Nicorette® 4 mg or generic brands	weeks 1-6	chew 1 piece every 1 to 2 hours	chew at least 9 pieces per day for the first 6 weeks
		weeks 7-9	chew 1 piece every 2 to 4 hours	
25 or less per day	Nicorette® 2 mg or generic brands	weeks 10-12	chew 1 piece every 4 to 8 hours	If you still need the product at the end of 12 weeks, consult a physician

### Directions

- Stop using any nicotine-containing products COMPLETELY before using the medication.
- Chew one piece at a time slowly.
- Chew until you notice a peppery taste, or a slight tingling in your mouth. Then, “park” the gum between your cheek and gum and leave it there. When the tingle is gone, begin chewing again until the tingle returns. Repeat the process until most of the tingle is gone (about 30 minutes).
- Do not eat or drink for 15 minutes before chewing the nicotine gum or while chewing a piece.
- If there are strong and frequent cravings, use a second piece within the hour. However, do not continuously use 1 piece after another because this may cause hiccups, heartburn, nausea, or other side effects.
- Do NOT use more than 24 pieces a day.
- Keep the medication away from children and pets. Use the same precaution when disposing the used gum.

### Possible Side Effects

- Throat irritation, hiccups, abnormal dreams, nausea, jaw soreness, headache and nausea.
- The gum may stick to teeth or dentures

## 3. Nicotine Lozenge (Commit™)<sup>4,7</sup>

This OTC lozenge contains nicotine which is released and absorbed through your mouth tissues.<sup>7</sup> The lozenge is available in different strengths, 2 mg or 4 mg, to be used depending on how soon you smoke your first cigarette in the morning. The lozenge may be better tolerated than the gum if you have dental problems.

If you smoke your <b>FIRST</b> cigarette...	Product (Over-the-counter)	Recommended Treatment		Notes
		Weeks	Dosing	
WITHIN 30 minutes of waking up	Commit™ 4 mg lozenge or generic brands	weeks 1-6	use 1 lozenge every <b>1 to 2</b> hours	Use at least 9 lozenges a day for the first 6 weeks
		weeks 7-9	use 1 lozenge every <b>2 to 4</b> hours	
more than 30 minutes <b>AFTER</b> waking up	Commit™ 2 mg lozenge or generic brands	weeks 10-12	use 1 lozenge every <b>4 to 8</b> hours	If you still need the product at the end of 12 weeks, consult a physician

### Directions

- **Take.** Place a lozenge in your mouth and allow it to dissolve slowly. Don't chew or swallow it - you won't absorb the correct dose of medication if you do. Consuming the nicotine lozenge too fast could also lead to heartburn or indigestion.
- **Tingle.** You may feel a warm or tingling sensation as nicotine is released and makes contact with your mouth tissues. That's the medicine going to work.
- **Shift.** Occasionally move the nicotine lozenge from one side of your mouth to the other, just like you would any lozenge. It will take about 20-30 minutes for the stop-smoking lozenge to dissolve completely.
- Do not eat or drink 15 minutes before using, or while the lozenge is in your mouth.
- Do not use more than one lozenge at a time or continuously use one lozenge after another. Doing so may cause hiccups, heartburn, nausea or other side effects.
- Do not use more than five lozenges in six hours, or more than 20 lozenges total per day.
- Keep the medication away from children and pets.

### Possible Side Effects

- Stop use and ask a doctor if any of the following occur: mouth problems, persistent indigestion, severe sore throat, irregular heartbeat or palpitations, or if you get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness and rapid heartbeat.

## 4. Nicotine Inhaler (Nicotrol® Inhaler)<sup>1,4</sup>

This prescription product has a mouth piece with a replaceable plastic cartridge that you inhale through, just like a cigarette. The cartridge contains 10 mg of nicotine (and 4 mg is inhaled), and provides 80 puffs per cartridge. A unit contains 42 cartridges and 6 mouth pieces.

Product (Prescription)	Recommended Treatment			Notes
	Phases	Duration	Dosing	
Nicotrol® Inhaler (10 mg cartridge)	Initial	up to 12 weeks	6-16 cartridges per day	<ul style="list-style-type: none"> <li>• For the first 3 - 6 weeks, use at least 6 cartridges per day</li> <li>• Maximum daily dose is 16 cartridges</li> <li>• Do not use longer than 6 months</li> </ul>
	Gradual Reduction	additional 6 to 12 weeks	Individualized gradual reduction*	

\*No specific strategy shows superiority<sup>1</sup>. Discuss with your prescriber to individualize your gradual reduction.

**Directions**

- DO NOT SMOKE while using this medication.
- Do not drink acidic beverages while using the inhaler. Drinking soda, coffee, or juice decreases nicotine absorption.
- Attach the mouthpiece to the replaceable cartridge containing the soft plug. This plug contains menthol and nicotine.
- Inhale frequently for 20 to 30 minutes (more frequently than when smoking a cigarette). Number of puffs to receive 1 mg of Nicotine: cigarette, 10 puffs (approx. 1 puff/minute); inhaler, 80 puffs (approx. 3–4 puffs/min.)
- After four 30-minute uses of the inhaler, discard the old cartridge and attach a new one to your mouthpiece.

**Possible Side Effects**

- Cough, mouth or throat irritation, nausea, and stomach upset.

**5. Nicotine Nasal Spray (Nicotrol® NS) <sup>1,4</sup>**

Use this prescription product to spray nicotine into your nose. It is NOT recommended for people with asthma, peptic ulcer disease or people with chronic nasal problems (nasal polyps, chronic nasal obstruction or chronic nasal inflammation).

<b>Product (Prescription)</b>	<b>Dosing</b>	<b>Recommended Treatment Term</b>	<b>Notes</b>
Nicotrol® NS 10 mg/mL bottle contains 100 doses (200 sprays)	1-2 <b>doses*</b> (2-4 sprays) per hour	At selected dosage for up to 8 weeks, then discontinue over next 4 to 6 weeks. Do not use longer than 6 months	For best result, use at least 8 doses (16 sprays) per day • Maximum hourly dose = 5 <b>doses</b> / hr • Maximum daily dose = 40 <b>doses</b> /day

\*One dose = 2 sprays (one in each nostril). One dose delivers 1 mg of nicotine to the nasal mucosa.

**Directions**

- DO NOT SMOKE while using this medication.
- Blow your nose if it is not clear.
- Tilt your head back slightly and put the nozzle into your nostril.
- Put the nozzle between your forefinger and middle finger with your thumb at the base of the bottle, and press down with both fingers to spray.
- Breathe through your MOUTH, and spray once in each nostril.
- DO NOT INHALE product; it should remain in the nose.
- If the medication starts to drip out of your nose you may sniff slightly to keep it inside your nose.
- Try to wait three minutes before blowing your nose to allow the medication to absorb.

**Possible Side Effects**

- Nasal irritation, runny nose, throat irritation, watery eyes, sneezing and cough.

## Non-Nicotine Prescription Therapies

These prescription medications do not provide any nicotine, but do control cravings for nicotine and withdrawal symptoms. Ask your doctor to see if you could benefit from these medications.

### 1. Bupropion SR Oral Tablets (Trade Names: Budeprion™ SR, Buproban™, Zyban®)<sup>4</sup>

#### Precautions

**DO NOT** use this product if you have a seizure disorder, have been diagnosed with bulimia or anorexia, are pregnant, are dependent on alcohol or sedatives, have liver or kidney impairment, or use a MAOI medication.

Bupropion SR Dosing Schedule (150 mg oral tablet)	
Treatment days	Dose
Days 1 to 3	1 tablet once daily. Begin 7 days before your quit date
Days 4 to end	1 tablet twice daily. Treatment should continue for 7 to 12 weeks

#### Directions

- Before you begin the therapy, set the target “quit date” within first 2 weeks of treatment.
- Start by taking one tablet every morning for three days so your body becomes used to the medication.
- After three days, take the medication twice daily (in the morning and in the evening, about every 12 hours).
- STOP SMOKING on your “quit date”.
- Your concentration and driving ability may be impaired until you become used to the medication.
- Avoid alcohol.
- Do not stop the medication abruptly without consulting your doctor.

#### Possible Side Effects

- Lack of concentration or feeling nervous, jittery or restless.
- Tachycardia (fast heartbeat), insomnia, nausea, weight loss, constipation, headache and dry mouth.

### 2. Varenicline Oral Tablets (Trade Name: Chantix®)<sup>4,8</sup>

This prescription medication should be used with caution in patients who are pregnant and it is NOT recommended when breastfeeding. Dosing adjustment may be made in patients who have severe kidney impairment.

Varenicline (Chantix®) Dosing Schedule	
Treatment days	Dosage
Days 1 to 3	White tablet (0.5 mg), 1 tablet once daily
Days 4 to 7	White tablet (0.5 mg) 1 tablet twice daily
Day 8 to end of treatment	Blue tablet (1 mg) 1 tablet twice daily

#### Directions

- Set a date to quit smoking. Begin taking Chantix® 7 days before the quit date. During the first 7 days, it is okay to continue smoking.
- Follow your provider’s directions for taking Chantix®. Typical dosing schedule is presented in the table above.
- Stop smoking on your quit date.
- Take the medication after food and with full glass of water to minimize nausea.

- If you are successful and cigarette-free after 12 weeks of Chantix® therapy, your provider may recommend another 12 weeks of Chantix® to increase the likelihood of long-term tobacco cessation.

#### Possible Side Effects

- Insomnia, headache, abnormal dreams, nausea, gas, constipation, dry mouth, etc.
- If you experience change in behavior, agitation, depressed mood, suicidal ideation, please notify your prescriber for further discussion.

### Tips on Quitting

- Consult your pharmacist or health care professional for advice about finding the approach to quitting that works best for you.
- You MUST NOT have a single puff on a cigarette while on NRT therapy.
- When you have a craving, reread your list of reasons for quitting.
- If your spouse smokes, it will help each of you to quit at the same time.
- Identify trigger situations that cause you to crave a cigarette, and try to avoid the situation or divert your attention.
- Drinking alcohol triggers a cigarette craving for many people. Avoid or reduce your alcohol intake.
- Pick a quit date and sign a contract with family or friends indicating your commitment to quit smoking.
- Throw away all of your cigarettes, lighters and ashtrays.
- Fight the urge to smoke using the “Four D’s”: **Delay, Deep Breathing, Drink Water, Do Something Else.**
- Remember, it usually takes two or three attempts to quit smoking completely. If you have a setback, be proud of your attempt, and keep trying until you are free of tobacco for life.

### Nicotine Withdrawal Symptoms

- Irritability: Exercise may provide some relief.
- Tiredness due to the loss of nicotine’s stimulant effects.
- Insomnia.
- Possible weight gain due to increased hunger: Eat healthy, low-fat snacks or drinking cold water can help you.
- Coughing: It is a sign that your lungs are clearing mucus. Coughing should subside after a week.
- Depression: It generally does not last long. Please contact your physician if you experience severe depression.

### Helpful Internet Sites

- **www.pplusic.com** Updated nicotine cessation class offerings through Physicians Plus’s Good Health Bonus program, and access to GO-TO Healthy Choices *Breathe*, our online personal health manager’s smoking cessation program (you must have or create a GO-TO account to use GO-TO Healthy Choices)
- **www.cancer.org** The American Cancer Society
- **www.lungusa.org** The American Lung Association
- **www.quitnet.com** Quit Net; an interactive site aimed at self help
- **www.quitsmokingsupport.com** Features a variety of helpful resources
- **www.cdc.gov/tobacco** National Center for Chronic Disease Prevention and Health Promotion’s Tobacco Information and Prevention Source

## Nicotine Cessation Medication Benefit for Physicians Plus Members

Members must receive a prescription order for any product. Coverage is for **three consecutive months per member per calendar year** except Chantix® (up to 6 months per calendar year). Please call Physicians Plus Pharmacy Services at (608) 260-7803 with any questions.

Tier	Monthly Copay	Availability	Product Type	Product Name(s)	Quantity Limitation Per Month
1	\$5-10	OTC	Patches	generic manufactures	30 patches
1	\$5-10	OTC	Gum	generic manufactures	-
1	\$5-10	OTC	Lozenges	generic manufactures	288 lozenges
1	\$5-10	Rx	Non-nicotine tablet	Bupropion SR (generic of Zyban®), Buproban	-
2	\$10-40	OTC	Patches	Nicoderm CQ®, Nicotrol®	30 patches
2	\$10-40	OTC	Gum	Nicorette®	-
2	\$10-40	OTC	Lozenges	Commit™	-
2	\$10-40	Rx	Inhaler	Nicotrol® Inhaler	4 boxes
2	\$10-40	Rx	Nasal Spray	Nicotrol® NS	40 mL
2	\$10-40	Rx	Non-nicotine tablet	Chantix®	60 tablets
3	Not Formulary	Rx	Non-nicotine tablet	Zyban® (use generic bupropion SR at lower copay)	-

Tier 1= Formulary generic, low copay

Tier 2= Formulary brand, high copay

Tier 3= Not formulary or 50% coinsurance depending upon the benefit plan

OTC= Over the counter

Rx= Prescription

### References

1. Package inserts of Nicotrol Inhaler, Nasal Spray, Pfizer 2002-2009.
2. Stead LF, Perera R, Bullen C, et al. Nicotine replacement therapy for smoking cessation. *Cochrane Database of Systematic Reviews* 2008, Issue 1. Art. No.: CD000146. DOI: 10.1002/14651858.CD000146.pub3.
3. Package Insert of Habitrol Patch, Novartis 2006.
4. Drug Information Handbook 17th Ed Lexicomp (2008-2009).
5. American Lung Association: [www.lungusa.org/tobacco](http://www.lungusa.org/tobacco).
6. Package Insert of Nicorette Gums, GlaxoSmithKline Consumer 2009.
7. Package Insert of Commit Lozenges, GlaxoSmithKline Consumer 2009.
8. Package Insert of Chantix, Pfizer May 2008.

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