

More than One Way to Quit Smoking

7 FDA-APPROVED MEDICATIONS FOR TOBACCO TREATMENT

CONTAINS NICOTINE		How to Use	How Often (Frequency)	How it Helps You
Patch		Worn on skin	1 patch a day	Provides continuous nicotine all day
Gum		Chew then “park” between cheek & gums	Up to 24 pieces a day	Quick way to relieve cravings
Lozenge		Dissolves in mouth	Up to 20 pieces a day	25% more nicotine than gum; has different flavors
Inhaler		Puff in by mouth	1 cartridge every 1-2 hours, up to 6-12 cartridges a day	Mimics inhaling a cigarette/vape
Spray		Spray in nose	At least 8 sprays per day	Delivers nicotine into your system fastest
DOES NOT CONTAIN NICOTINE		Ingest by mouth	1-2 pills per day (Ask your provider about daily dosage use)	Helps prevent relapse and weight gain Stops nicotine cravings
Pills	Bupropion SR 			
	Varenicline 			

Your insurance may cover these medications. Ask your doctor if using 2 or more medications may be right for you.