

CESSATION MEDICATIONS

SUPPORTING PATIENTS IN QUITTING TOBACCO

NDQuits
1-800-QUIT-NOW (1-800-784-8669)
ndhealth.gov/ndquits

All people trying to quit tobacco should be offered cessation medication, except when contraindicated or for specific populations (i.e., pregnant women, smokeless tobacco users, light smokers or adolescents).

Consider medications such as varenicline or combination pharmacotherapy, which are more effective than nicotine patch therapy alone.

- *Nicotine patch daily + nicotine gum, lozenge, inhaler or nasal spray as needed*
- *Nicotine patch + bupropion SR*

RECOMMENDATION FOR MEDICATION DOSING (STARTING DOSE)

Nicotine Patch	> 10 cigarettes per day: 21 mg ≤ 10 cigarettes per day: 14 mg
Nicotine Gum or Lozenge	Smoke within 30 minutes of waking: 4mg Smoke after 30 minutes of waking: 2mg
Nicotine Inhaler or Nasal Spray	Use as directed
Bupropion	Days 1 – 3: 150mg daily Day 4 to end of treatment: 150 mg twice daily At least 8 hours between doses Initiate one week before quit date
Varenicline	Days 1 – 3: 0.5mg daily Days 4 – 7: 0.5mg twice daily Day 8 to end of treatment: 1 mg twice daily Initiate one to four weeks before quit date



ASK, ADVISE & CONNECT: SUPPORTING PATIENTS IN QUITTING TOBACCO

Helping people quit commercial tobacco takes less than 3 minutes.

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1

ASK

Provider or care team member asks **every patient at every visit** about tobacco following prompts in the EHR, training and clinical work flows, or reminders placed in exam rooms.

"Do you currently smoke or use other forms of tobacco?"

Patient's response is documented in the medical record



2

ADVISE

Provider or care team member advises patients who use tobacco to quit.

"Quitting tobacco products is one of the best things you can do for your health and I know it can be hard. I'm here to help you quit. I can connect you with free resources and support for quitting to help you meet your health goals."



3

CONNECT

Provider or care team member connects all patients interested in changing tobacco use to treatment by:

- sending referral to the quitline; and
- prescribing a cessation medication