

Quitting Methods and Products – At a Glance

Please note: Quit WA does not endorse or recommend any of these products. Some of these products may be contra indicated in people with cardio-vascular disease, diabetes, pregnant, and breast feeding women. Always consult your doctor and pharmacist before taking these products.

	Gum	Patches	Inhalers	Zyban (Bupropion Hydrochloride)
Administration	<p>A piece of gum should be chewed slowly about two to five times, then rested for one minute under the tongue or between the check and teeth.</p> <p>Gum should be used at regular intervals during the day.</p>	<p>Apply to dry, non-hairy skin on the upper arm or trunk area and place a new patch on a different site.</p> <p>It is very important that smoking does not occur when using patches.</p>	<p>The inhaler consists of a cartridge (plastic tube sealed at both ends loaded with nicotine) which is inserted into a mouthpiece.</p> <p>Once inserted the cartridge seal is broken and nicotine is vapourised and absorbed in the mouth when air is drawn through it. Inhale when the urge to smoke occurs.</p>	<p>Zyban is a 150mg tablet which requires a prescription from a General Practitioner prior to being dispensed by a pharmacist.</p> <p>Zyban is an alternative smoking cessation aid, which, unlike some other therapies, does not contain nicotine.</p>
Dose	<p>People who smoke < 20 cigarettes a day: 2mg</p> <p>People who smoke > 20 cigarettes a day: 4mg</p> <p>Withdraw use gradually after three months or following advice from a doctor or pharmacist.</p>	<p>Dosage is one patch per day, gradually decreasing the patch strength over a period of between 6 to 12 weeks.</p> <p>Available as a 16 hour and 24 hour patch.</p> <p>The 16 hour patch is taken off before going to bed so that no nicotine is being absorbed overnight. The patches slowly deliver between 5mg to 21mg of nicotine (depending on size and type) over the time the patch is worn.</p>	<p>The nicotine supplied by each cartridge will last according to the intensity and number of puffs (inhalations).</p> <p>Those who have used the inhaler successfully report using an average of 6 cartridges per day.</p>	<p>For the first three days the dosage is 1x 150mg/day and at day four it increases to 2 x 150mg/day and this dosage remains constant until the end of treatment at 2 months.</p> <p>Within the first week of Zyban therapy, smoking continues.</p>
Advantages	<p>Easy to regulate dose.</p> <p>Four flavours are available (plain, fruit, citrus and mint)</p>	<p>Constant dose of nicotine.</p> <p>Patches are available in different strengths ranging from 5mg to 21mg.</p>	<p>Keeps hands busy. Easy to regulate dose.</p>	<p>Zyban can be taken with nicotine patches providing smoking has ceased.</p>

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Disadvantages	<p>Can be addictive.</p> <p>Must be used correctly. No trace of food or drink must be in the mouth.</p> <p>Sore mouth and jaw, mouth ulcers, indigestion and nausea can occur.</p>	<p>May irritate skin at application site. Avoid patches in chronic generalized skin disease.</p> <p>24 hour patches may disturb sleep.</p> <p>Adverse effects may include headache, dizziness and nausea.</p>	<p>May not assist heavy smokers.</p> <p>May attract attention in public.</p>	<p>Short term user (up to 2 months) of Zyban 300mg/day has proven to be well tolerated.</p> <p>Adverse effects may include seizures, epilepsy, eating disorders, headache, insomnia, dizziness, nausea and dry mouth.</p>
Examples of products available	Nicorette gum	<p>16 hour patch: Nicorette</p> <p>24 hour patch: Nicabate CQ</p> <p>Alphapharm</p>	Nicorette inhaler	Zyban
Cost (current as at February 2002)	<p>RRP for 105 gum pellets = \$35 for 2mg and \$44 for 4mg strength.</p> <p>RRP for 30 gum pellets = \$12</p>	<p>16 hour patch – for a one week dose (7 patches) the RRP for 5mg = \$23, for 10mg = \$26 and for 15mg = \$29.</p> <p>24 hour patch – for a one week dose</p>	The RRP for inhalers is \$7.20 for the starter pack (mouthpiece and six cartridges) and the reill pack contains 42 cartridges at the RRP of \$42	Zyban is listed under the Pharmaceutical Benefits Scheme (PBS). It costs \$21.90 for a two month course or \$3.50 for concession card holders. Only one course of 2 months is available each year at PBS price.