

Summary table of the side effects and contraindications of pharmacotherapy

Pharmacotherapy for smoking cessation	Main side effects (MMS)	Contraindications (MMS)
Nicotine gum	Dizziness; headaches; insomnia; sore mouth or throat	Use by non-smokers, children < 18yrs; concomitant use of gum and cigarettes; acute MI; unstable angina pectoris; severe cardiac arrhythmias; recent CVA; pregnancy, lactation.
Nicotine transdermal patches	Transient local skin reactions; smoking withdrawal symptoms	Acute MI; unstable angina; severe arrhythmias; recent CVA; skin disease (sensitive to parch therapy); children; pregnancy, lactation
Nicotine lozenge/sublingual tablet	Hiccoughs; headache; insomnia; sore throat; GI upset; others	Non-smokers, occasional smokers; phenylketonuria; unstable angina; Prinzmetal angina; severe arrhythmias; recent MI, stroke; pregnancy, lactation, children
Nicotine inhaler	Local effects; headache; GI upset; cough; others	Non-tobacco users; hypersensitivity to menthol; pregnancy, children
Bupropion	Headache; flushing, tachycardia, hypertension; CNS disturbances including insomnia, impaired concentration, anxiety, depression, seizures, anorexia; GI upset; dry mouth; rash; fever; taste disorders; others	Seizure disorders (or history); CNS tumour; abrupt alcohol or benzodiazepine withdrawal; bulimia, anorexia nervosa (or history); concurrent MAOIs (or use within 14 days of ceasing MAOIs)