Comparison of Nicotine Replacement Therapy (NRT) Products
Are you trying to quit smoking and need help? Nicotine Replacement Therapy (NRT) helps your body gradually adjust to less nicotine without exposing it to the harmful chemicals in cigarettes. NRT has been proven to DOUBLE your chances of quitting smoking. NRT may especially be a good idea if you have tried to quit before and been hindered by strong withdrawal symptoms.

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<th>PRODUCT</th>
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<th>ADVERSE EFFECTS</th>
<th>ADVANTAGES</th>
<th>DISADVANTAGES</th>
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| GUM     | Nicorette, Generic OTC | Duration: up to 12 weeks | - Mouth/jaw soreness  
- Hiccups  
- Heartburn  
- Lightheadedness  
- Nausea/vomiting  
- Throat/mouth irritation | Gum use might satisfy oral cravings.  
Gum use might delay weight gain.  
Patients can adjust use to manage withdrawal symptoms. | Gum chewing may not be socially acceptable.  
Patients must use proper chewing technique to minimize adverse effects. |
| LOZENGE | Commit, Generic OTC | Duration: up to 12 weeks | - Nausea  
- Hiccups  
- Cough  
- Heartburn  
- Headache  
- Insomnia | Lozenge use might satisfy oral cravings.  
Lozenge use might delay weight gain.  
Patients can adjust use to manage withdrawal symptoms. | Gastrointestinal side effects (nausea, hiccups, heartburn) might be bothersome. |
| PATCH   | Nicoderm CQ, Generic Patch OTC, Rx | Duration: 8-10 weeks | - Local skin reactions  
- Headache  
- Sleep disturbances. | Provides consistent nicotine levels over 24 hours.  
Easy to use and conceal.  
Once-a-day dosing associated with fewer compliance problems. | Patients can not adjust dose.  
Allergic reactions to adhesive might occur.  
Patients with dermatologic conditions should not use the patch. |
| NASAL SPRAY | Nicotrol NS, Rx | Duration: 3-6 months | - Nasal and/or throat irritation  
- Tearing  
- Sneezing  
- Cough  
- Headache | Patients can adjust doses to more rapidly manage withdrawal symptoms. | Nasal/throat irritation may be bothersome.  
Dependence can result.  
Patients must wait 5 minutes to drive or operate heavy machinery. |
| ORAL INHALER | Nicotrol Inhaler Rx | Duration: up to 6 months | - Mouth and/or throat irritation  
- Unpleasant taste  
- Cough  
- Heartburn  
- Hiccups  
- Headache | Patients can adjust use to manage withdrawal symptoms.  
Mimics hand-to-mouth ritual of smoking. | Initial throat or mouth irritation can be bothersome. |
| BUPROPION SR | Zyban, Generic Rx | Duration: 7-12 weeks | - Insomnia  
- Dry mouth  
- Nervousness/difficulty concentrating  
- Rash  
- Constipation | Easy to use; oral form might be associated with fewer compliance problems.  
Can be used with NRT.  
Might be beneficial in patients with depression. | Seizure risk is increased.  
Several precautions preclude use. |
| VARENICLINE | Chantix Rx | Duration: 12 weeks | - Nausea  
- Sleep disturbances  
- Constipation  
- Vomiting | Easy to use; oral form might be associated with fewer compliance problems.  
Offers a new mechanism of action for patients who have failed other products. | May induce nausea in up to one third of patients. |

OTC=Over-the-counter; Rx=Prescription needed

Do you need more information or would you like to talk to a Provider about these NRT therapies? Contact IUPUI Health Services at (317) 274-8214 or (317) 274-WELL.  
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