

Selecting the Optimal Tobacco Cessation Medication

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Why to Tailor Smoking Cessation Medications

- Each patient has unique medical, psychological, and social needs
- Smoking cessation medications work in different ways
- To achieve the best therapeutic effect with minimal side effects

Smoking Cessation Medications (FDA Approved)

- Nicotine replacement therapy (NRTs):
Patch, Gum, Lozenges, mini-Lozenges,
Inhaler, Intranasal Spray
- Varenicline (Chantix)
- Bupropion (Wellbutrin, Zyban)

Screening Patients to the Use of NRTs



- When considering using oral/nasal NRTs, evaluate pt. for:

1. Use of dentures/ teeth extractions



2. Impending maxillo-facial surgery

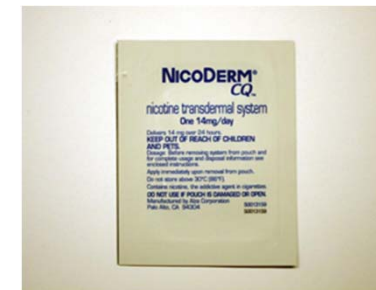
3. Mouth sores



Screening Patients to the Use of NRTs (continued)

- For the use of the Nicotine Transdermal Patch, evaluate pt. for:

1. Allergy to latex products
2. Untreated coronary artery disease (CAD)/unstable angina
3. Uncontrolled palpitations
4. Sleep disorder



Screening Patients to the Use of Varenicline (Chantix)

The following conditions will call for a cautious use of this medication:

- Age > 60
- Decreased creatinine clearance
- GI problems
- Sleep disorder
- Fatigue



Screening Patients to the Use of Varenicline (Chantix)

(continued)

- Unstable depression
- Current suicidal ideation
- Other unstable psychiatric problems
- Allergy to this medication
- Pregnancy

Screening Patients to the Use of Bupropion

The following conditions will call for a cautious use of this medication:

- Increased hepatic enzyme values
- Brain disease/head trauma (might increase the risk of seizures)
- Seizures
- Sleep disorder
- Anxiety



Screening Patients to the Use of Bupropion

(continued)

- Severe migraine headache
- Hypertension
- Dry mouth
- Unstable psychiatric problems
- Eating disorders

Screening Patients to the Use of Bupropion

(continued)

- Heavy alcohol use/dependence
- Pregnancy
- Past adverse reaction to Bupropion
- Use of feeding tube

Screening Patients to the Use of Bupropion

(continued)

The use of Bupropion concurrently with the following medications is not recommended or only to be used cautiously:

- TCA (amitriptyline, doxepin, nortriptyline)
- Levodopa
- Carbimazole
- Reglan
- Theophylline

Screening Patients to the Use of Bupropion

(continued)

Concurrent use with the following medications is contraindicated:

- MAOIS (Isocarboxazid, Hydracarbazine, Selegine)
- Tamoxifen
- Linezolid
- Procarbazine

Other Considerations

Smoking cessation can lead to increases in the serum level of some psychotropic medications, and this will:

- Increase the risk of cardiotoxicity
- Increase level of sedation
- Lead to extrapyramidal side effects

Serum Levels and Dosing After Smoking Cessation

- Some medication levels will increase
- Other medication levels have no known changes
- Some medications that patients may need lower dose

Serum Levels and Dosing After Smoking Cessation

(continued)

- Some medication levels will increase
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Antipsychotics

- Chlorpromazine
- Clozapine
- Haloperidol
- Olanzapine

Hypnotics and Anxiolytics

- Zolpidem
- Alprazolam

Antidepressants and Anxiolytics

- Mirtazapine
- Duloxetine
- Lithium (possibly)

Other

- Caffeine

Patients with daily intake of caffeine will have higher levels of caffeine after quitting.

Serum Levels of the Following Medications will Increase to Toxicity After Smoking Cessation

- Methadone
- Theophylline

Serum Levels and Dosing After Smoking Cessation

(continued)

- Some medication levels will increase
- Other medication levels have no known changes
- Some medications that patients may need lower dose

Antipsychotics

- Quetiapine
- Risperidone
- Ziprasidone
- Zolpidem

Serum Levels and Dosing After Smoking Cessation

(continued)

- Some medication levels will increase
- Other medication levels have no known changes
- Some medications that patients may need lower dose

And Finally, Educate

Patients receiving therapy with:

- Warfarin
- Insulin
- Oral hypoglycemics

May need less of these medications after smoking cessation

Putting It All Together

When selecting a tobacco cessation medication, it is important to keep in mind:

- Medical history and Mental health history
- Current medications
- Allergies
- Smoking history
- Alcohol/ drug use history

References

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