<table>
<thead>
<tr>
<th></th>
<th>GUM</th>
<th>LOZENGE</th>
<th>TRANSDERMAL PREPARATIONS</th>
<th>NASAL SPRAY</th>
<th>ORAL INHALER</th>
<th>BUPROPION SR</th>
<th>VARENICLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Mouth soreness</td>
<td>• Nausea</td>
<td>• Local skin reactions (erythema, pruritus, burning)</td>
<td>• Nasal and/or throat irritation (hot, peppery, or burning sensation)</td>
<td>• Mouth and/or throat irritation</td>
<td>• Insomnia</td>
<td>• Nausea</td>
</tr>
<tr>
<td></td>
<td>• Hiccups</td>
<td>• Hiccups</td>
<td>• Headache</td>
<td>• Rhinitis</td>
<td>• Unpleasant taste</td>
<td>• Dry mouth</td>
<td>• Sleep disturbances (insomnia, abnormal Dreams)</td>
</tr>
<tr>
<td></td>
<td>• Dyspepsia</td>
<td>• Cough</td>
<td>• Sleep disturbances (insomnia) or Abnormal/vivid dreams (associated with nocturnal nicotine absorption)</td>
<td>• Tearing</td>
<td>• Cough</td>
<td>• Nervousness/difficulty concentrating</td>
<td>• Constipation</td>
</tr>
<tr>
<td></td>
<td>• Hypersalivation</td>
<td>• Heartburn</td>
<td>• Headaches</td>
<td>• Sneezing</td>
<td>• Rhinitis</td>
<td>• Rash</td>
<td>• Flatulence</td>
</tr>
<tr>
<td></td>
<td>• Effects associated with in correct chewing technique: - Lightheadedness - Nausea/vomiting - Throat and mouth irritation</td>
<td>• Headaches</td>
<td>• Flatulence</td>
<td>• Cough</td>
<td>• Dyspepsia</td>
<td>• Constipation</td>
<td>• Vomiting</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Insomnia</td>
<td>• Insomnia</td>
<td>• Headache</td>
<td>• Hiccups</td>
<td>• Seizures (risk is 1/1,000 [0.1%])</td>
<td></td>
</tr>
<tr>
<td>ADVANTAGES</td>
<td>• Gum use might satisfy oral cravings</td>
<td>• Lozenge use might satisfy oral cravings</td>
<td>• Provides consistent nicotine levels over 24 hours</td>
<td>• Patients can titrate therapy to manage withdrawal symptoms</td>
<td>• Patients can titrate therapy to manage withdrawal symptoms</td>
<td>• Easy to use; oral Formulation might be associated with fewer compliance problems</td>
<td>• Easy to use; oral Formulation might be associate with fewer compliance problems</td>
</tr>
<tr>
<td></td>
<td>• Gum use may delay weight gain</td>
<td>• Patients can titrate therapy to manage withdrawal symptoms</td>
<td>• Easy to use and conceal</td>
<td>• Patients can titrate therapy to manage withdrawal symptoms</td>
<td>• Can be used with NRT</td>
<td>• Might be beneficial in patients with depression</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• patients can titrate therapy to manage withdrawal symptoms</td>
<td></td>
<td>• Once-a-day dosing associated with fewer compliance problems</td>
<td>• Mimics hand-to-mouth ritual of smoking</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### NICOTINE REPLACEMENT THERAPY (NRT) FORMULATIONS

<table>
<thead>
<tr>
<th>DISADVANTAGES</th>
<th>WEBSITE</th>
<th>COST/DAY4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gum chewing may not be socially acceptable</td>
<td><a href="http://www.nicorette.com">www.nicorette.com</a></td>
<td>2 mg: $2.65-$5.16 (9 pieces)</td>
</tr>
<tr>
<td>Gum is difficult to use with dentures</td>
<td><a href="http://www.commitlozenge.com">www.commitlozenge.com</a></td>
<td>2 mg: $4.92 (9 pieces)</td>
</tr>
<tr>
<td>Patients must use proper chewing techniques to minimize adverse effects</td>
<td><a href="http://www.nicodermcq.com">www.nicodermcq.com</a></td>
<td>4 mg: $3.18-$5.81 (9 pieces)</td>
</tr>
<tr>
<td>Gastrointestinal side effects (nausea, hiccups, heartburn) might be bothersome</td>
<td><a href="http://www.habitrol.com">www.habitrol.com</a></td>
<td>4 mg: $5.26 (9 pieces)</td>
</tr>
<tr>
<td>Patients cannot titrate the dose</td>
<td><a href="http://www.nicotrol.com">www.nicotrol.com</a></td>
<td>2 mg: $3.35-$3.91 (1 patch)</td>
</tr>
<tr>
<td>Allergic reactions to adhesive might occur</td>
<td><a href="http://www.nicotrol.com">www.nicotrol.com</a></td>
<td>2 mg: $2.10-$2.94 (1 patch)</td>
</tr>
<tr>
<td>Patients with dermatologic conditions should not use the patch</td>
<td><a href="http://www.nicotrol.com">www.nicotrol.com</a></td>
<td>4 mg: $3.67 (8 doses)</td>
</tr>
<tr>
<td>Nasal/throat irritation may bothersome</td>
<td><a href="http://www.nicotrol.com">www.nicotrol.com</a></td>
<td>4 mg: $5.25-$6.07 (6 cartridges)</td>
</tr>
<tr>
<td>Dependence can result</td>
<td>-------</td>
<td>4 mg: $3.62-$5.73 (2 tablets)</td>
</tr>
<tr>
<td>Patients must wait 5 minutes before driving or operating heavy machinery</td>
<td><a href="http://www.chantix.com">www.chantix.com</a></td>
<td>2 mg: $4.00-$4.22 (2 tablets)</td>
</tr>
<tr>
<td>Patients with chronic nasal disorders or severe reactive airway disease should not use the spray</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>Initial throat or mouth irritation can be bothersome</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>Cartridges should not be stored in very warm conditions or used in very cold conditions</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>Patients with underlying brochospastic disease must use the inhaler with caution</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>Seizure risk is increased</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>Several Contraindications and precautions preclude use (see PRECAUTIONS)</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>May induce nausea in up to one third of patients</td>
<td>-------</td>
<td>-----</td>
</tr>
<tr>
<td>Post-marketing surveillance data not yet available</td>
<td>-------</td>
<td>-----</td>
</tr>
</tbody>
</table>
## NICOTINE REPLACEMENT THERAPY (NRT) FORMULATIONS

<table>
<thead>
<tr>
<th>NICOTINE FORMULATION</th>
<th>DOSING INSTRUCTIONS</th>
</tr>
</thead>
</table>
| **Chewable Tablets** | Maximum, 24 pieces/day  
  Chew each piece slowly  
  Park between cheek and gum when peppery or tingling sensation appears (-15-30 chews)  
  Resume chewing when taste or tingle fades  
  Repeat chew/park steps until most of the nicotine is gone (taste or tingle doses not return; generally 30 min)  
  Park in different areas of mouth  
  No food or beverages 15 min before or during use  
  Duration: up to 12 weeks |
| **Lozenges** | Maximum, 20 lozenges/day  
  Allow to dissolve slowly (20-30 min)  
  Nicotine release may cause a warm, tingling sensation  
  Do not chew or swallow  
  Occasionally rotate to different areas of the mouth  
  No food or beverages 15 minutes before or during use  
  Duration: 8-10 weeks |
| **Nicotine Patch** | May wear patch for 16 hours if patient experiences sleep disturbances (remove at bedtime)  
  Duration: 8 weeks |
| **Nicotine Inhaler** | Maximum - 5 doses/hour  
  - 40 doses/day  
  For best results, initially use at least 8 doses/day  
  Duration: 3-6 months |
| **Nicotine Spray** | Initially, use at least 6 cartridges/day  
  Best effects with continuous puffing for 20 minutes  
  Nicotine in cartridges is depleted after 20 minutes of active puffing  
  Patient should inhale into back of throat or puff in short breaths  
  DO NOT inhale into the lungs (like a cigarette) but “puff” like as if lighting a pipe  
  Open cartridge retains potency for 24 hours  
  Duration up to 6 months |
| **Nicotine Gum** | Do not exceed 300mg/day  
  Treatment should be initiated while patient is still smoking  
  Set quit date 1-2 weeks after initiation of therapy  
  Allow at least 8 hours between doses  
  Avoid bedtime dose to minimize insomnia  
  Dose tapering is Necessary  
  Can be used safely with NRT  
  Duration: 7-12 weeks, with maintenance up to 6 months in selected patients |
| **Nicotine Lozenges** | Initially, use at least 8 doses/day  
  Patients should not sniff, swallow, or inhale through the nose as the spray is being administrated  
  Duration: 8 weeks |
| **Nicotine Inhaler** | Maximum - 5 doses/hour  
  - 40 doses/day  
  For best results, initially use at least 8 doses/day  
  Duration: 3-6 months |
| **Nicotine Patch** | Initially, use at least 6 cartridges/day  
  Best effects with continuous puffing for 20 minutes  
  Nicotine in cartridges is depleted after 20 minutes of active puffing  
  Patient should inhale into back of throat or puff in short breaths  
  DO NOT inhale into the lungs (like a cigarette) but “puff” like as if lighting a pipe  
  Open cartridge retains potency for 24 hours  
  Duration up to 6 months |
| **Nicotine Gum** | Do not exceed 300mg/day  
  Treatment should be initiated while patient is still smoking  
  Set quit date 1-2 weeks after initiation of therapy  
  Allow at least 8 hours between doses  
  Avoid bedtime dose to minimize insomnia  
  Dose tapering is Necessary  
  Can be used safely with NRT  
  Duration: 7-12 weeks, with maintenance up to 6 months in selected patients |
| **Nicotine Injection** | Initially, use at least 6 cartridges/day  
  Best effects with continuous puffing for 20 minutes  
  Nicotine in cartridges is depleted after 20 minutes of active puffing  
  Patient should inhale into back of throat or puff in short breaths  
  DO NOT inhale into the lungs (like a cigarette) but “puff” like as if lighting a pipe  
  Open cartridge retains potency for 24 hours  
  Duration up to 6 months |
| **Nicotine Inhaler** | Initially, use at least 8 doses/day  
  Patients should not sniff, swallow, or inhale through the nose as the spray is being administrated  
  Duration: 8 weeks |
| **Nicotine Patch** | Initially, use at least 6 cartridges/day  
  Best effects with continuous puffing for 20 minutes  
  Nicotine in cartridges is depleted after 20 minutes of active puffing  
  Patient should inhale into back of throat or puff in short breaths  
  DO NOT inhale into the lungs (like a cigarette) but “puff” like as if lighting a pipe  
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