



Recommendations for Smoking Cessation Treatment

General:

- All patients should be considered for medication and referred to smoking cessation groups or concurrent behavioral therapy.
- Stable patients with mental illness have similar quit rates to general population.
- Heavy smokers may require higher than recommended doses and longer duration of NRT treatment to alleviate nicotine withdrawal and cravings.
- Combination of nicotine transdermal patch + nicotine gum/lozenge as needed + bupropion is recommended. For combination NRT treatment start with 2mg dose of nicotine gum/lozenge regardless of time to first cigarette after waking.

Medication Dosing:

Drug	Cigarette Use	Dose
Nicotine Gum/Lozenge	First cigarette >30 min after waking up	2mg q1-2h prn urge to smoke x 6wks 2mg q2-4h prn urge to smoke x 2wks 2mg q4-8h prn urge to smoke x 2wks Gum: NTE 24 pieces/day Lozenge: NTE 20 loz/day or 5 loz/6 hours
	First cigarette ≤30 min of waking up	4mg q1-2h prn urge to smoke x 6wks 4mg q2-4h prn urge to smoke x 2wks 4mg q4-8h prn urge to smoke x 2wks Gum: NTE 24 pieces/day Lozenge: NTE 20 loz/day or 5 loz/6 hours
Nicotine Transdermal Patch	≥ 10 cigarettes/day	21mg/day x 4-6wks 14mg/day x 2wks 7mg/day x 2 wks
	<10 cigarettes/day	14mg/day x 6wks 7mg/day x 2wks
Bupropion	N/A	150mg SR qam x 3days starting 1 wk before quit date 150mg SR bid x 4days 150mg SR bid x 7-12wks with optional 6 month extended treatment
Varenicline	N/A	0.5mg once daily x 3days starting 1 wk before quit date 0.5mg bid x 4days 1mg bid x 11wks. An additional 12wk extended treatment may be offered.

Important Considerations:

Nicotine Replacement Therapy:

- Patients with a history of cardiovascular disease or who weigh <100 lbs should start with 14mg/day patch.
- Next lower dose patch should be used for patients taking >600mg/day of cimetidine.

- Leaving the patch on at bedtime may cause vivid dreams and insomnia. If either occurs, patients should be instructed to remove the patch at bedtime. To address morning cravings patients should be instructed to chew nicotine gum upon awakening at the same time the patch is applied.
- Long-term treatment with NRT (>6 months) has not been associated with any additional major health risks or adverse effects, and is preferable in patients who are at high risk of relapsing to cigarette use.
- Based on a review by Sims and Fiore, 2002, and a trial by Schnoll, 2010, relapse rates in smokers who used NRT to quit were up to 80% during the first year following NRT cessation. It is estimated that approximately 50% of relapses could be averted with extended NRT use past the recommended guidelines.
- Combination of long-acting nicotine (transdermal patch) plus short-acting nicotine as needed (gum or lozenge) is more effective than either alone.

Bupropion:

- Once-daily bupropion XL may be used in place of the SR dosage-form to enhance adherence.

Varenicline:

- Serious neuropsychiatric events (depression, suicidal ideation, suicide) have been reported with use.
- Observe for neuropsychiatric symptoms including changes in behavior, hostility/agitation, depressed mood, and suicide-related events.

Formulary Status:

Product	Commonly Available Strengths (mg)	San Francisco Health Plan	Healthy San Francisco	Medi-Cal	CBHS	Medicare Part D
Nicotine patch	7, 14, 21	F (quantity)	F	PAR	PAR	NF
Nicotine gum	2, 4	F (quantity)	F (inpatient use only)	NF	PAR	NF
Nicotine lozenge	2, 4	PAR	NF	NF	PAR	NF
Bupropion SR	100, 150, 200	F	NF	PAR	F	plan specific
Bupropion XL	150, 300	NF	F	NF	F	plan specific
Varenicline	0.5, 1	F (quantity)	F (certificate)	PAR	NF	plan specific

F = Formulary

NF = Non-formulary

PAR = Prior Authorization Required

Quantity- quantity limits

CBHS PAR Criteria: patient must be enrolled in a smoking cessation program or receive individual smoking cessation counseling. Approved for up to 12 months per lifetime.

Ordering Smoking Cessation Medications from CBHS Pharmacy

- Pharmacy staff will assist in filling out any smoking cessation medication prior authorizations needed by your client’s insurance if filled at CBHS Pharmacy.
- In order to receive smoking cessation medications from CBHS Pharmacy, clients must be actively participating in either group or individual smoking cessation counseling (please indicate in the “Special Instructions” section of Infoscriber)