



Smoking: Medicines to Help You Quit



Quitting is not easy but you can do it. There are medicines that may help you quit.

There are products that help wean your body off the nicotine you get from cigarettes and tobacco.

There are other medicines that help you deal with the cravings and other problems that you have when you stop smoking.

This booklet lists all of the different FDA-approved products you can use to help you quit. Use this booklet to help you talk to your doctor, nurse, or pharmacist about which product is right for you.

Why Quit?

Quitting may improve your health and wellness. If you quit smoking, you may:

- lower your chance of dying of lung cancer
- improve your skin
- reduce bad breath

Whatever your reasons for quitting, you have made the right choice.

Why is it so hard to quit?

Many people who smoke become addicted to the nicotine in cigarettes and other tobacco products. When you try to stop smoking, you might:

- crave cigarettes
- feel nervous
- feel irritable (cranky)
- have headaches
- have problems sleeping
- feel depressed

These may be signs of nicotine withdrawal. Talk to your health care provider about the medicines listed in this booklet that may help you deal with withdrawal.

Nicotine Replacement Products

Nicotine replacement products give your body nicotine without most of the other chemicals found in cigarettes and other kinds of tobacco. These products help you wean your body off tobacco and help you deal with withdrawal.

- Read the label and talk to your healthcare provider as needed about the right way to use each product.
- Ask how these products will affect your other medicines. Ask about the risks and side effects.
- Women who are pregnant or breastfeeding should only use nicotine replacement products if their doctor says that it is OK.

Product Type	Product Name	Availability
Patch	Habitrol Nicoderm Store Brand or Generic	Over-the-Counter
Gum	Nicorette Store Brand or Generic	Over-the-Counter
Nasal Spray	Nicotrol	Prescription
Inhaler	Nicotrol	Prescription
Lozenge	Commit Nicorette Store Brand or Generic	Over-the-Counter

You can get up-to-date facts about each product on the FDA website. Type in the brand or generic name of your product at: www.accessdata.fda.gov/scripts/cder/drugsatfda/

Other Medicines to Help You Quit

Some prescription medicines have been found to help people deal with the withdrawal symptoms they feel when they quit smoking. Talk to your health care provider about the benefits, risks, and side effects for each medicine. Before taking these medicines, tell your doctor if you have ever had depression or other mental health problems. You should also tell your doctor about any symptoms you had during other times you tried to quit smoking.

Product Type	Brand Name	Generic Name	Availability
Pill	Zyban	Bupropion	Prescription
Pill	Chantix	Varenicline Tartrate	Prescription

Other Things to Consider

Some people who take these medicines have had serious changes in their mood and behavior. These changes can happen while you are taking them or after you stop. Stop use and call a doctor right away if you notice these changes in yourself or someone else taking these medicines.

- Think about dying or killing yourself
- Try to kill yourself
- Feel depressed or your depression gets worse
- Feel anxious or your anxiety gets worse
- Have panic attacks
- Have trouble sleeping (insomnia)
- Feel very agitated or restless
- Feel irritable
- Feel or act aggressive, angry or violent
- Act on dangerous impulses
- Talk or act more than you typically do (mania)
- Have thoughts or sensations that are not typical for you
- See or hear things that are not there (hallucinations)
- Feel like people are against you (paranoia)
- Feel confused
- Notice other changes in your behavior or mood that are not typical for you

Quit Smoking Tips

Quit Smoking... for yourself and for those who need you.

1. Set a Quit Date

- Pick a day in the next 2 weeks.
- Plan fun activities for your quit day to take your mind off smoking and tobacco.

2. Tell your Friends and Family

- Get help from the important people in your life.
- Join a support group.
- Call a quit smoking helpline.

3. Plan for Challenges and Setbacks

- Plan ways to deal with cravings, withdrawal, and stress.
- Do not give up.

4. Remove all Cigarettes and Other Tobacco

- Get rid of cigarettes and tobacco.
- Throw out your matches, lighters, and ashtrays.
- Clean your clothes and house to get rid of cigarette smell.

5. Talk to your Healthcare Provider

- Talk to your doctor, nurse, or pharmacist about medicines to help you deal with nicotine withdrawal.
- Ask if your other medicines will work differently now that you have quit smoking.

For More Information To Help You Quit

<http://women.smokefree.gov>

1-800-QUITNOW

1-800-784-8669

TTY: 1-800-332-8615

<http://BeTobaccoFree.gov>



**Office of
Women's
Health**

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