Dierbergs - Smoking Cessation - Patient Education

Nicotine Gum (Nicorette)

What you need to know:

- Takes 15-30 minutes to work
- To be effective, must be used every 1-2 hours for 6 weeks. Note: This is very important
- Should only be used for a maximum of 12 weeks
- Discrete, and easy to take with you
- Side effects: Jaw pain, heartburn, hiccups, mouth sores
- Cost: approximately $14.27 -$67.97; average cost of one pack $4.99; average cost of one carton $45.69
- Generic Available

Nicotine Lozenge (Commit)

What you need to know:

- Takes 15-30 minutes to work
- To be effective, must be used every 1-2 hours for 6 weeks. Note: This is very important
- Should only be used for a max of 12 weeks
- Easy to hide, and easy to take with you
- Side effects: Jaw pain, heartburn, hiccups, mouth sores
- Cost: Approximately $22.07- $39.99; average cost of one pack $4.99; average cost of one carton $45.69
- Generic Available

Nicotine Patch (Nicoderm)

What you need to know:

- May take 4-9 hours to reach the full effect
- Provides balanced levels of nicotine in the blood
- Discrete
- Can't be used with certain skin disease or adhesive allergy
- Cannot use within 2 weeks of a heart attack or irregular heartbeat (see your Pharmacist)
  Side effects: skin redness, burning, or itching, insomnia, headache, and vivid dreams
- Cost: Approximately $19.07- $49.99; average cost of one pack $4.99; average cost of one carton $45.69
- Generic Available

Prescription Products

- Must see doctor to get a prescription
- Examples: Chantix, Zyban (available as a generic), Nicotrol NS
- Some products allow patient to smoke for the first few weeks while on product
- Can be used for a longer time than over the counter nicotine replacement products
- Some can be used with over the counter nicotine replacement products
- Can be expensive, may not be covered by insurance

Any questions and more information about these products and smoking cessation; please ask your friendly Dierbergs Pharmacist.