**CESSATION MEDICATIONS**  
**SUPPORTING PATIENTS IN QUITTING TOBACCO**

All people trying to quit tobacco should be offered cessation medication, except when contraindicated or for specific populations (i.e., pregnant women, smokeless tobacco users, light smokers or adolescents).

Consider medications such as varenicline or combination pharmacotherapy, which are more effective than nicotine patch therapy alone.

- Nicotine patch daily + nicotine gum, lozenge, inhaler or nasal spray as needed
- Nicotine patch + bupropion SR

### RECOMMENDATION FOR MEDICATION DOSING (STARTING DOSE)

<table>
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<tr>
<th>Medication</th>
<th>Starting Dose</th>
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| Nicotine Patch            | > 10 cigarettes per day: 21 mg  
                           | ≤ 10 cigarettes per day: 14 mg                                                |
| Nicotine Gum or Lozenge   | Smoke within 30 minutes of waking: 4mg  
                           | Smoke after 30 minutes of waking: 2mg                                         |
| Nicotine Inhaler or Nasal Spray | Use as directed                             |
| Bupropion                 | Days 1 – 3: 150mg daily  
                           | Day 4 to end of treatment: 150 mg twice daily  
                           | At least 8 hours between doses  
                           | Initiate one week before quit date                                           |
| Varenicline               | Days 1 – 3: 0.5mg daily  
                           | Days 4 – 7: 0.5mg twice daily  
                           | Day 8 to end of treatment: 1 mg twice daily  
                           | Initiate one to four weeks before quit date                                   |
ASK, ADVISE & CONNECT: SUPPORTING PATIENTS IN QUITTING TOBACCO

Helping people quit commercial tobacco takes less than 3 minutes.

**ASK**

Provider or care team member asks every patient at every visit about tobacco following prompts in the EHR, training and clinical work flows, or reminders placed in exam rooms.

“Do you currently smoke or use other forms of tobacco?”

Patient's response is documented in the medical record.

**ADVISE**

Provider or care team member advises patients who use tobacco to quit.

“Quitting tobacco products is one of the best things you can do for your health and I know it can be hard. I'm here to help you quit. I can connect you with free resources and support for quitting to help you meet your health goals.”

**CONNECT**

Provider or care team member connects all patients interested in changing tobacco use to treatment by:

- sending referral to the quitline; and
- prescribing a cessation medication.

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