

# Bupropion SR 150

Dosing

- 150 mg pill



# Bupropion SR 150

Administration

150 mg/day for three days

150 mg twice a day

- Start 1-2 weeks before quit date

# Bupropion SR 150

## Administration

- Abruptly quitting smoking is preferred
- Gradual smoking reduction is an alternative:



# Bupropion SR 150

Side effects, precautions, advantages

## Common Side Effects

- Insomnia
- Agitation
- Dry mouth
- Headache
- Weight loss
- Constipation

## Precautions

- Contraindicated in patients with seizure disorder or predisposition, eating disorder
- Monitor for neuropsychiatric symptoms

## Advantages

- Blunts post-cessation weight gain
- Used as monotherapy or in combination with NRT

# Varenicline

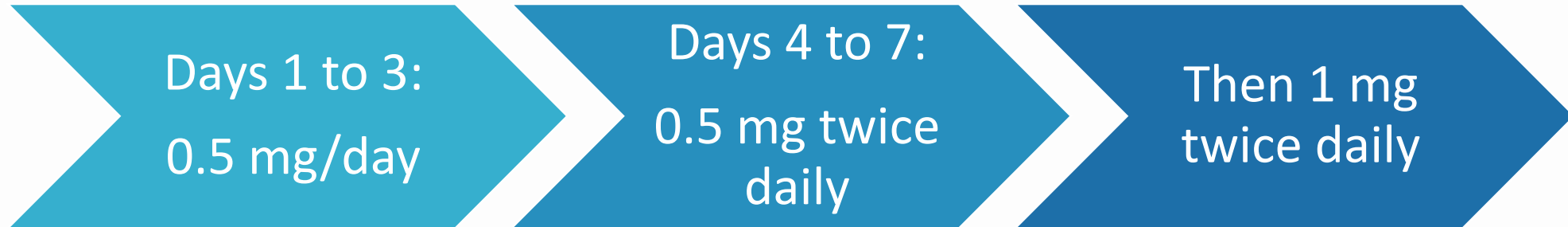
## Dosing

- 0.5 mg pill to start, then titrate up to 1 mg pill



# Varenicline

## Administration



- Duration of therapy: 12 weeks
- Start at least 1 -2 weeks before quit date
- OR may begin treatment and quit between Days 8 and 35

# Varenicline

Approaches to selecting a tobacco quit date

- Fixed quit date
- Flexible quit date
- Gradual quit date



# Varenicline

Side effects, precautions, advantages

## Common Side Effects

- Nausea
- Insomnia
- Abnormal dreams
- Headache
- Skin rash

## Precautions

- Reduced dose in severe renal insufficiency
- Avoid in patients with unstable psychiatric status
- Monitor for neuropsychiatric symptoms

## Advantages

- Dual action: relieves nicotine withdrawal and blocks reward from smoking
- Oral agent (pill)



A 58-year-old woman presents to her family physician for an annual checkup. During the visit, the patient asks her physician for help quitting smoking cigarettes. She has unsuccessfully tried quitting several times previously and has also failed prior attempts with meditation and exercise. The physician prescribes a partial agonist of the nicotinic receptor to aid the patient in cessation. Which of the following is a potential side effect of this medication?

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A. Seizure

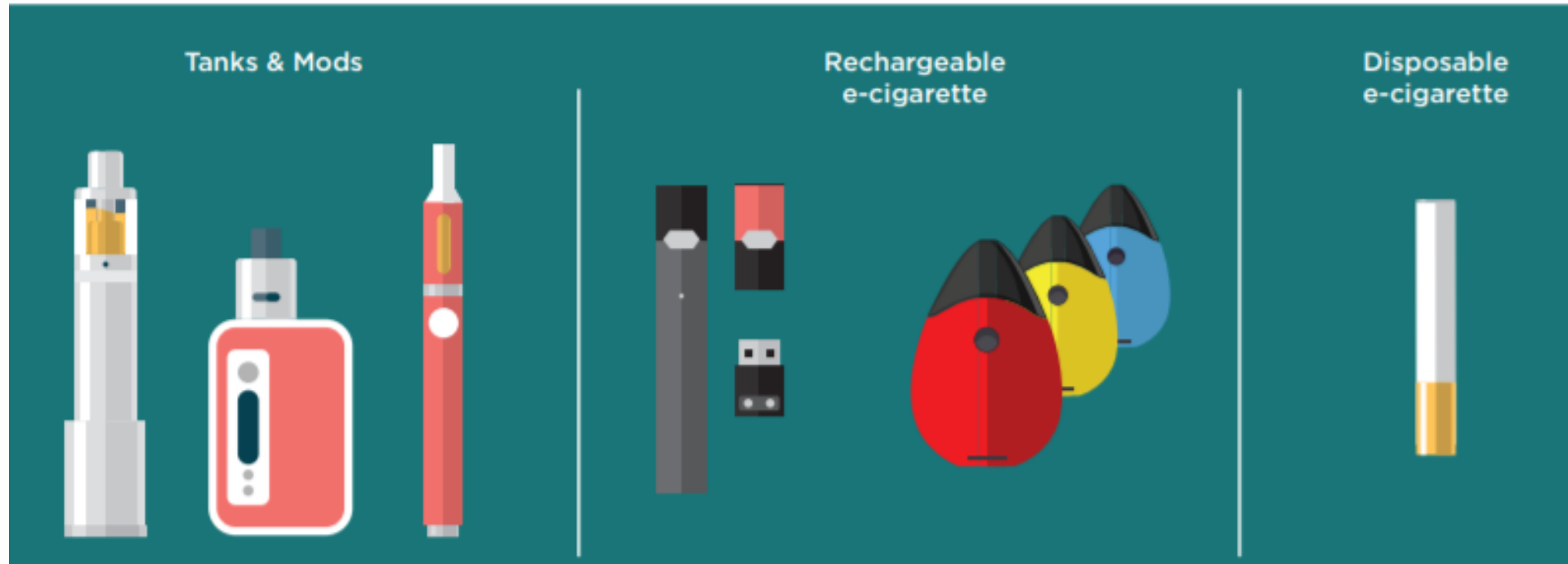
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B. Sexual dysfunction

C. Suicidal ideation

D. Tachycardia

# Electronic Nicotine Delivery Systems (ENDS)



Are ENDS less harmful than cigarettes  
and other form of tobacco?



**VS**



**YES,** but that doesn't  
mean e-cigarettes are safe.

## Can ENDS be used for tobacco cessation?

- Switching from cigarettes to ENDS can reduce exposure to harmful chemicals
- Smokers can lower concentration of nicotine in ENDS until using a nicotine-free product

## Medications for quitting ENDS

- No FDA approved medications for ENDS cessation.
- Current approach is to use FDA approved medications for treating TUD

## Use of Combination Therapy

- Combining NRT with other medications may facilitate cessation
  - NRT + Varenicline
  - NRT + Bupropion
  - Bupropion + Varenicline

A 35-year-old man presents to his primary care physician for a routine visit. He is in good health but has a 15 pack-year smoking history. He has tried to quit multiple times and expresses frustration in his inability to do so. He states that he has a 6-year-old son that was recently diagnosed with asthma and that he is ready to quit smoking. What is the most effective method of smoking cessation?

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A. Quitting “cold turkey”

B. Bupropion in conjunction with nicotine replacement therapy and behavioral therapy

C. Bupropion alone

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D. Nicotine replacement therapy alone