



Quit Smoking Medications

What Pregnant Women & New Moms Should Know

FACT: You are 2 – 3 times more likely to quit smoking if you use one of the 7 FDA-approved medications along with counseling.

Bupropion (Zyban[®], Wellbutrin SR[®])

Benefits:

- It does NOT contain the 4,000 chemicals found in cigarettes and there is no secondhand smoke.
- It is covered by BadgerCare Plus with a written prescription. Co-pays are usually between \$1.00 and \$3.00.
- It may be taken if you breastfeed your baby. Talk to your doctor about the risks and benefits.

Risks:

- There have not been enough studies to show the safety of using Bupropion when you are pregnant. Talk to your doctor about the risks and benefits.

How Does it Work?	How Do I Get it?	What Else Should I Know?
<ul style="list-style-type: none"> • It helps you deal with cravings and withdrawal symptoms • It can also help control weight and improve your mood • You take the medication 1-2 weeks before your quit date and then for 2-6 months afterwards. 	<p>Prescription from your doctor</p>	<ul style="list-style-type: none"> • When using bupropion, some people find it helpful to wear a nicotine patch on their quit date (see page 2) • You may notice restlessness or trouble sleeping when you take it. Don't take the medication after 6 pm to avoid trouble sleeping.

Varenicline (Chantix[®])

Benefits:

- It does NOT contain the 4,000 chemicals found in cigarettes and there is no secondhand smoke
- It is covered by BadgerCare Plus with a written prescription. Co-pays are between \$1.00 and \$3.00.

Risks:

- There have not been enough studies to show the safety of using varenicline when you are pregnant. Talk to your doctor about the risks and benefits.
- You should NOT use varenicline if you are breastfeeding.

How Does it Work?	How Do I Get it?	What Else Should I Know?
<ul style="list-style-type: none"> • It blocks nicotine from acting in your brain. This means you won't get as much pleasure from smoking. • You will start taking the medication 1-2 weeks before your quit date and then for 3- 6 months afterwards. 	<p>Prescription from your doctor</p>	<ul style="list-style-type: none"> • It can cause upset stomach and nausea. Take the medication with food and water. • It can also cause vivid or strange dreams. Talk to your doctor if you don't like the dreams. • If you experience mood changes, talk to your doctor right away.

Nicotine Replacement Therapy (NRT)

Benefits:

- It does NOT contain the 4,000 chemicals found in cigarettes and there is no secondhand smoke.
- It helps you deal with nicotine cravings and withdrawal symptoms.
- All forms of NRT (except lozenges) are covered by BadgerCare Plus with a written prescription. Co-pays are between \$0.50 and \$3.00.

Risks:

- In rare cases, you can get too much nicotine from using NRT.
- You should safely store and dispose of NRT products. Children and pets can get very sick if they take them.
- There have not been enough studies to show the safety of using NRT when you are pregnant. Talk to your doctor about the risks and benefits.
- There have not been enough studies to show the safety of using NRT when you are breastfeeding. Talk to your doctor about the risks and benefits.

Name	How Does it Work?	How Do I Get it?	What Else Should I Know?
1. Nicotine Patch <i>Nicoderm CQ[®], Nicotrol[®]</i>	<ul style="list-style-type: none"> • Delivers a gradual, steady amount of nicotine • Nicotine is absorbed through your skin 	<ul style="list-style-type: none"> • Talk to your doctor • Call 1-800-QUIT-NOW to get a 2-week starter kit • Over-the-counter 	<ul style="list-style-type: none"> • Put the patch on a new area of the body each day to help prevent rashes
2. Nicotine Gum <i>Nicorette[®]</i>	<ul style="list-style-type: none"> • Delivers nicotine when you have a craving • Nicotine is absorbed through your mouth 	<ul style="list-style-type: none"> • Talk to your doctor • Call 1-800-QUIT-NOW to get a 2-week starter kit • Over-the-counter 	<ul style="list-style-type: none"> • Do not eat or drink 15 minutes before using • Don't chew the gum, just bite it a few times then park it between your cheek and gum • It can cause mouth soreness
3. Nicotine Lozenges <i>Nicorette[®], Commit[®]</i>	<ul style="list-style-type: none"> • Delivers nicotine when you have a nicotine craving • Nicotine is absorbed through your mouth 	<ul style="list-style-type: none"> • Talk to your doctor • Call 1-800-QUIT-NOW to get a 2-week starter kit • Over-the-counter 	<ul style="list-style-type: none"> • Do not eat or drink 15 minutes before you use it • Don't chew the lozenge. Park it between your cheek and gum.
4. Nicotine Inhaler <i>Nicotrol[®] Inhaler</i>	<ul style="list-style-type: none"> • Delivers nicotine when you have a nicotine craving • The nicotine is absorbed through your mouth It works very quickly 	<ul style="list-style-type: none"> • Talk to your doctor 	<ul style="list-style-type: none"> • Do not eat or drink 15 minutes before you use it • It can irritate your mouth or throat, but improves over time • You might cough if you puff too deeply
5. Nicotine Nasal Spray <i>Nicotrol NS[®]</i>	<ul style="list-style-type: none"> • Delivers nicotine when you have a nicotine craving • The nicotine is absorbed through the blood vessels in your nose 	<ul style="list-style-type: none"> • Talk to your doctor 	<ul style="list-style-type: none"> • It can irritate your nose when you use it