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?**
- 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.

**How Do I Get it?**
- Prescription from your doctor

**What Else Should I Know?**
- When using buproprion, 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?**
- 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.

**How Do I Get it?**
- Prescription from your doctor

**What Else Should I Know?**
- 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.

<table>
<thead>
<tr>
<th>Name</th>
<th>How Does it Work?</th>
<th>How Do I Get it?</th>
<th>What Else Should I Know?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Nicotine Patch</td>
<td>• Delivers a gradual, steady amount of nicotine</td>
<td>• Talk to your doctor</td>
<td>• Put the patch on a new area of the body each day to help prevent rashes</td>
</tr>
<tr>
<td>Nicoderm CQ®,</td>
<td>• Nicotine is absorbed through your skin</td>
<td>• Call 1-800-QUIT-NOW to get a 2-week starter kit</td>
<td></td>
</tr>
<tr>
<td>Nicotrol®</td>
<td></td>
<td>• Over-the-counter</td>
<td></td>
</tr>
<tr>
<td>2. Nicotine Gum</td>
<td>• Delivers nicotine when you have a craving</td>
<td>• Talk to your doctor</td>
<td>• Do not eat or drink 15 minutes before using it</td>
</tr>
<tr>
<td>Nicorette®</td>
<td>• Nicotine is absorbed through your mouth</td>
<td>• Call 1-800-QUIT-NOW to get a 2-week starter kit</td>
<td>• Don’t chew the gum, just bite it a few times then park it between your cheek and gum</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Over-the-counter</td>
<td>• It can cause mouth soreness</td>
</tr>
<tr>
<td>3. Nicotine Lozenges</td>
<td>• Delivers nicotine when you have a nicotine craving</td>
<td>• Talk to your doctor</td>
<td>• Do not eat or drink 15 minutes before you use it</td>
</tr>
<tr>
<td>Nicorette®, Commit</td>
<td>• Nicotine is absorbed through your mouth</td>
<td>• Call 1-800-QUIT-NOW to get a 2-week starter kit</td>
<td>• Don’t chew the lozenge. Park it between your cheek and gum.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Over-the-counter</td>
<td></td>
</tr>
<tr>
<td>4. Nicotine Inhaler</td>
<td>• Delivers nicotine when you have a nicotine craving</td>
<td>• Talk to your doctor</td>
<td>• Do not eat or drink 15 minutes before you use it</td>
</tr>
<tr>
<td>Nicotrol® Inhaler</td>
<td>• The nicotine is absorbed through your mouth It works very quickly</td>
<td>• Call 1-800-QUIT-NOW to get a 2-week starter kit</td>
<td>• It can irritate your mouth or throat, but improves over time</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Over-the-counter</td>
<td>• You might cough if you puff too deeply</td>
</tr>
<tr>
<td>5. Nicotine Nasal</td>
<td>• Delivers nicotine when you have a nicotine craving</td>
<td>• Talk to your doctor</td>
<td>• It can irritate your nose when you use it</td>
</tr>
<tr>
<td>Spray Nicotrol NS®</td>
<td>• The nicotine is absorbed through the blood vessels in your nose</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>