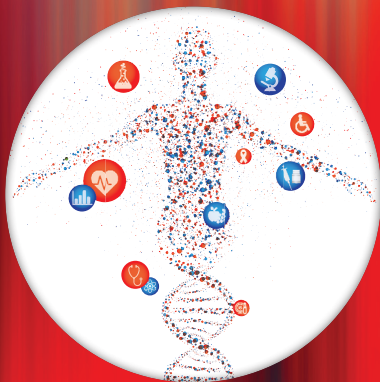


Smoking: Medicines to Help You Quit

Quitting is not easy, but you can do it. There are medicines that may help you quit.



This booklet lists all of the different FDA-approved products you can use to help you quit. Use this booklet to help you talk to your healthcare provider about which product is right for you.



**U.S. FOOD & DRUG
ADMINISTRATION**

Many people who smoke become addicted to the nicotine in cigarettes and other tobacco products. When you try to stop smoking, you might:

- crave cigarettes
- feel nervous
- feel irritable (cranky)
- have headaches
- have problems sleeping
- feel depressed

These may be signs of nicotine withdrawal.

There are products that help wean your body off the nicotine you get from cigarettes and tobacco.

There are other medicines that help you deal with the cravings and other problems that you feel when you stop smoking.

Why quit?



Quitting may improve your health and wellness. If you quit smoking, you may:

- lower your chance of dying of lung cancer
- improve your skin
- reduce bad breath

Whatever your reasons for quitting, you have made the right choice.

FDA Office of Women's Health
www.fda.gov/womens

Nicotine Replacement Products

Nicotine replacement products give your body nicotine without most of the other chemicals found in cigarettes and other kinds of tobacco. These products help you wean your body off tobacco and help you deal with withdrawal.

- Read the label and talk to your healthcare provider as needed about the right way to use each product.
- Ask how these products will affect your other medicines. Ask about the risks and side effects.
- Women who are pregnant or breastfeeding should only use nicotine replacement products if their doctor says that it is OK.

PRODUCT TYPE	PRODUCT NAME	AVAILABILITY
Patch	Habitrol Nicoderm Store Brand or Generic	Over-the-Counter
Gum	Nicorette Store Brand or Generic	Over-the-Counter
Nasal Spray	Nicotrol	Prescription
Inhaler	Nicotrol	Prescription
Lozenge	Commit Nicorette Store Brand or Generic	Over-the-Counter

You can get up-to-date facts about each product on the FDA website. Type in the brand or generic name of your product at:

www.accessdata.fda.gov/scripts/cder/drugsatfda/

Other Medicines to Help You Quit

Some prescription medicines may help people deal with the withdrawal symptoms they feel when they quit smoking. Talk to your healthcare provider and read the medication guide that comes with your prescription to learn about the benefits, risks, and side effects for these medicines. This booklet does not provide all of the facts about these medicines.

PRODUCT TYPE	BRAND NAME	GENERIC NAME	AVAILABILITY
Pill	Zyban	Bupropion	Prescription
Pill	Chantix	Varenicline Tartrate	Prescription

Other Things to Consider

Before you take Chantix or Zyban, tell your healthcare provider if you:

- are pregnant or plan to become pregnant
- are breastfeeding

Before you take Chantix or Zyban, tell your healthcare provider if you have ever had depression or other mental health problems.

You should also tell your provider about any symptoms you had during other times you tried to quit smoking.

When trying to quit smoking with or without stop-smoking medicines, some people have serious side effects including new or worsening mental health problems. These symptoms happen more often in people who had a history of mental health problems before trying to quit smoking than in people without a history of mental health problems.

Stop taking Chantix or Zyban and call your healthcare provider right away if you, your family, or your caregiver notices any of these side effects.

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

Quit Smoking Tips

Quit smoking for yourself and for those who need you.



1. Set a Quit Date

- Pick a day in the next 2 weeks.
- Plan fun activities for your quit day to take your mind off smoking and tobacco.



2. Tell your Friends and Family

- Get help from the important people in your life.
- Join a support group.
- Call a quit smoking helpline.



3. Plan for Challenges and Setbacks

- Plan ways to deal with cravings, withdrawal, and stress.
- Do not give up.
- Keep trying.



4. Remove all Cigarettes and Other Tobacco

- Get rid of cigarettes and tobacco.
- Throw out your matches, lighters, and ashtrays.
- Clean your clothes and house to get rid of cigarette smell.



5. Talk to your Healthcare Provider

- Talk to your healthcare provider about medicines to help you deal with nicotine withdrawal.
- Ask if your other medicines will work differently now that you have quit smoking.

For More Information to Help You Quit

www.women.smokefree.gov

1-800-QUIT-NOW | 1-800-784-8669 | TTY: 1-877-777-6534

www.BeTobaccoFree.gov

