

SMOKING CESSATION PHARMACOTHERAPY

PRODUCTS	DOSAGE	DURATION	PRECAUTIONS	ADVERSE EFFECTS	PATIENT EDUCATION
Rx					
Nicotine Inhaler Nicotrol Inhaler®	6-16 cartridges/day Use 1 cartridge/hour Use PRN	Up to 6 months, taper after 4-6 weeks	<ul style="list-style-type: none"> Reactive airway disease 	<ul style="list-style-type: none"> Mouth and throat irritation Cough Side effects generally caused by inappropriate use 	<ul style="list-style-type: none"> Patient is not to puff like a cigarette. Gentle puffing recommended. This is more akin to cigar or pipe smoking Absorption is via the buccal mucosa Avoid food and acidic drinks before and during use
Nicotine Nasal Spray Nicotrol NS®	Max 40 doses/day (1 dose = 1 spray per nostril)	Up to 6 months, taper after 12 weeks	<ul style="list-style-type: none"> Reactive airway disease Not recommended in patients with chronic nasal disease (nasal polyps, sinusitis) 	<ul style="list-style-type: none"> Nasal irritation Sneezing Cough Teary eyes 	<ul style="list-style-type: none"> Instruct patient to tilt head back and spray Tolerance to local adverse effects develops 1st week after use
Sustained release bupropion Zyban® or Wellbutrin® Can be used w/ NRT	Start 1-2 weeks before quit date Option 1: 150 mg/day for 3 days then 150 mg BID (doses at least 8 hours apart) Option 2: 150 mg q AM is recommended (fewer adverse effects, better tolerated in older adults)	Up to 12 weeks, can be maintained up to 6 months No tapering needed	<p>CONTRAINDICATIONS:</p> <ul style="list-style-type: none"> Seizure disorder Current use of Wellbutrin or MAO inhibitor Eating disorder (bulimia/anorexia) Alcohol dependence Head Trauma <p>MONITOR BP</p>	<ul style="list-style-type: none"> Insomnia Dry mouth Anxiety <p>WARNING: observe for serious neuropsychiatric symptoms: changes in behavior, agitation, depressed mood, suicidal ideation and suicidal behavior.</p>	<ul style="list-style-type: none"> Take 2nd pill early evening to reduce insomnia Never double a dose if a pill is missed
Varenicline tartrate Chantix®	Start 1 week before quit date 0.5 mg/d for 3 days then 0.5 mg BID for next 4 days (one in AM, and one in PM) After first 7 days 1 mg/BID	No tapering needed Approved for maintenance up to 6 months	<ul style="list-style-type: none"> Women breastfeeding should avoid use Persons with kidney problems require a dose adjustment 	<ul style="list-style-type: none"> Nausea Insomnia Abnormal dreams May increase risk of CV events in patients with CV disease <p>WARNING: observe for serious neuropsychiatric symptoms: changes in behavior, agitation, depressed mood, suicidal ideation and suicidal behavior.</p>	<ul style="list-style-type: none"> Take after eating and with water (full glass) Never double dose. Take missed dose as soon as remembered. If close to next dose wait and take at regular dose time Nausea is usually transient. If nausea persists, dose reduction is recommended
Over the counter (OTC) Patients covered by Medicaid require a prescription to receive free OTC medications*					
Nicotine Patch generic Nicoderm CQ® Habitrol 21mg 14mg 7mg	<ul style="list-style-type: none"> 21 mg/24 hr > 10 cigs/d 14 mg/24 hr or 7 mg/24 hr ≤ 10 cigs/d or < 100 lbs 	Start for 4 weeks, then use for 2 weeks, then 2 weeks	Caution within 6 weeks of MI	<ul style="list-style-type: none"> Local skin reaction Insomnia 	<ul style="list-style-type: none"> Apply each day to clean, dry, hairless skin Focal rash is common: rotate site daily To avoid insomnia, remove before bedtime
Nicotine Gum generic Nicorette® 2mg 4mg	<ul style="list-style-type: none"> 2mg < 25 cigs/d 4mg ≥ 25 cigs/d <p>Max 1 piece/hr; 24 pieces/day</p> <p>Use PRN</p>	Up to 12 weeks, taper after 4-6 weeks	<ul style="list-style-type: none"> Poor dentition May be inappropriate for use in patients with complete or partial dentures 	<ul style="list-style-type: none"> Hiccups Dyspepsia Mouth soreness 	<ul style="list-style-type: none"> DO NOT CHEW LIKE ORDINARY GUM Alternate chewing and “parking” between cheek and gum (chew until mouth tingles then park intermittently, continue for 30 minutes) Nicotine absorbed across buccal mucosa Avoid food and acidic drinks before and during use
Nicotine Lozenge Commit® 2mg 4mg Also available as mini-lozenges	2 mg if smoke 1st cig more than 30 minutes after waking and 4 mg if smoke 1st cig within 30 min after waking Do not use more than 20 lozenges per day Use PRN	Up to 12 weeks, taper after 4-6 weeks	Xerostomia	<ul style="list-style-type: none"> Dyspepsia Local irritation mouth and throat Rarely causes coughing and hiccups 	<ul style="list-style-type: none"> DO NOT BITE, CHEW OR SWALLOW Dissolve in mouth slowly Avoid food and acidic drinks before and during use Each lozenge takes 20-30 minutes to dissolve

Medicaid and Medicare now cover smoking cessation counseling for all beneficiaries:

Medicaid:

- 6 face-to-face sessions during any 12 continuous months
- Individual or group sessions (intensive only)

Smoking cessation counseling may be billed by a physician, dentist RNP, LM or Article 28 OPD, D&TCS or FOHCs that bill using APGs.

Medicare:

2 quit attempts are covered per year, which include:

- Smoking cessation prescription medication under the Medicare prescription drug benefit (Part D)
- 4 intermediate or intensive counseling sessions per quit attempt, for a total of 8 counseling sessions in a year
- Must be ordered by a doctor

Medicare now reimburses for Telehealth counseling in rural Health Professional Shortage Areas or in counties outside of a Metropolitan Statistical Area. Coding information and details available at (888) 355-9165.

Medicaid and Medicare cessation counseling billing codes:

CPT code 99406: 3-10 minutes, intermediate
CPT code 99407: 10+ minutes, intensive

*NY State Medicaid Managed Care plans cover some OTC and Rx smoking cessation medications. Beneficiaries are encouraged to contact their Medicaid Managed Care Plan to learn more about their coverage. Patients are allowed a course of therapy twice a year. A course of therapy is defined as a 90 day supply (an original order and 2 refills). Medicaid will cover combination therapy (i.e., patch and gum) during each course of treatment. A fiscal order for OTC and/or Rx are required.

Source:

Fiore, MC, Jaen CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.

Certain combinations of first-line medications have been shown to be effective smoking cessation treatments. Effective combination medications are long-term (> 14 weeks) nicotine patch + other NRT (gum, lozenge and spray), the nicotine patch + the nicotine inhaler, and the nicotine patch + bupropion SR.

DON'T BE SILENT ABOUT SMOKING
TalkToYourPatients.org

*Medicare coverage varies depending on the individual's drug plan.

