

Handout: Patient Needs Influence Drug Selection [1]

This table lists patient needs/characteristics that need to be considered when determining which smoking cessation medication is optimal.

Drug	Patient Needs/Characteristics
Bupropion (Zyban™)	<ul style="list-style-type: none">• Postponed weight gain• Simultaneous help with depression• Alternative to gum, when chewing is a problem• Alternative to patch, e.g., skin problems, frequent swimming• Patient's suicide risk should be low• Low maintenance (wants to take only 1 tablet twice daily)• Prescription drug needed for third-party reimbursement
Varenicline (Chantix™)	<ul style="list-style-type: none">• Alternative to gum, when chewing is a problem• Alternative to patch, e.g., skin problems, frequent swimming• Patient's suicide risk should be low• Low maintenance (wants to take only 1 tablet twice daily)• Prescription drug needed for third-party reimbursement

Nicotine Gum	<ul style="list-style-type: none">• Oral stimulation• Tension release of gum chewing• Minimal exposure to nicotine, when a treatment is wanted only during worst cravings• An adjunct to another drug, e.g., bupropion• Alternative to patch, e.g., skin problems, frequent swimming• Control of nicotine intake• Ability to adjust dosage according to need• A flavored agent to hold in the mouth as an alternative to smokeless tobacco (although not FDA approved for this purpose)
Nicotine Inhaler	<ul style="list-style-type: none">• A relatively fast burst of nicotine during a craving• Hand-to-mouth motion reminiscent of smoking• Alternative to gum, when chewing is a problem• Minimal exposure to nicotine, when a treatment is wanted only during worst cravings• An adjunct to another drug, e.g., bupropion• Prescription drug for third-party reimbursement• Alternative to patch, e.g., skin problems, frequent swimming• Control of nicotine intake• Ability to adjust dosage according to need

Nicotine Nasal Spray	<ul style="list-style-type: none">• A fast burst of nicotine during a craving• Alternative to gum, when chewing is a problem• Ability to minimize exposure to nicotine and use only during worst cravings• An adjunct to another drug, e.g., bupropion• Prescription drug for third-party reimbursement• Alternative to patch, e.g., skin problems, frequent swimming• Control of nicotine intake• Ability to adjust dosage according to need
Nicotine Patch	<ul style="list-style-type: none">• Inconspicuous treatment• Ability to forget about treatment during the day• An even dose of nicotine throughout the day• Postponed weight gain• Prescription drug for third-party reimbursement• Alternative to gum, when chewing is a problem• Alternative to gum, lozenge, inhaler when patient sips a lot of acidic beverages which interfere with absorption through the mouth• Low-maintenance treatment (only have to apply in morning)
Nicotine Lozenge	<ul style="list-style-type: none">• Oral stimulation• Alternative to gum, when chewing is a problem• Minimize exposure to nicotine and use only

during worst cravings

- An adjunct to another drug, e.g., bupropion
- Alternative to patch, e.g., skin problems, frequent swimming
- Ability to control nicotine intake
- Ability to adjust dosage according to need
- A flavored agent to hold in the mouth as an alternative to smokeless tobacco (although not FDA approved for this purpose)