
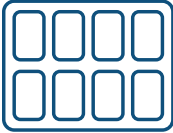






7 FDA-APPROVED MEDICATIONS

FOR TOBACCO TREATMENT

CONTAINS NICOTINE		How to Use	*How Often (Frequency)	How it Helps You
Patch		Worn on skin	1 patch a day	Provides continuous nicotine all day
Gum		Chew then “park” between cheek & gums	Up to 24 pieces a day	Quick way to relieve cravings
Lozenge		Dissolves in mouth	Up to 20 pieces a day	25% more nicotine than gum; has different flavors
Inhaler		Puff in by mouth	1 cartridge every 1-2 hours, up to 6-12 cartridges a day	Mimics inhaling a cigarette/vape
Spray		Spray in nose	At least 8 sprays per day	Delivers nicotine into your system fastest
DOES NOT CONTAIN NICOTINE				
Pills	Bupropion SR Varenicline 	Take by mouth	1-2 pills per day (Ask your provider about daily dosage use)	Helps prevent relapse and weight gain Stops nicotine cravings

* Frequency is based on using one medication. Combination therapy (patch + one other nicotine medication) can help with breakthrough cravings. Ask your provider or pharmacist for questions and checking insurance coverage.