



**YOU  
ARE KEY TO  
YOUR PATIENTS'  
SUCCESS!**

Remember, every quit attempt brings a smoker closer to quitting for good.

**YOU succeed every time you encourage a smoker to quit.**

**ADVISE**

**Tobacco users to quit.**

Your advice **doubles the chance** that your patients will make a quit attempt.\*

\* Monogr Natl Cancer Inst 5, 1-22. NIH Publication No. 94-3693

**1-800-NO-BUTTS**

Operated by Moores UCSD Cancer Center

**FREE Cessation Services Include:**

- **Self-help materials**
- **Referral to local services**
- **Telephone counseling**
  - Up to 6 one-on-one counseling sessions to help patients create a plan and stick to it.
  - Specialized services available for teens, tobacco chewers, and pregnant smokers.

**1 ASK**

**Every patient at every visit:**

**“Do you smoke?”**

**3 REFER**

**Your patients to 1-800-NO-BUTTS.**

**LET THEM KNOW:**

“You can double your chances of quitting successfully by calling 1-800-NO-BUTTS.”\*

\* Zhu S-H., Anderson CM, Tedeschi G., et al. Evidence of real world effectiveness of a telephone quitline for smokers. N Engl J Med 2002; 347: 1087-93

**All services are FREE**

- |  |   |
|--|---|
| <b>English</b><br>1-800-NO-BUTTS<br>(1-800-662-8887)   | <b>Vietnamese</b><br>1-800-778-8440   |
| <b>Spanish</b><br>1-800-45-NO-FUME<br>(1-800-456-6386) | <b>Chewing Tobacco</b><br>1-800-844-CHEW<br>(1-800-844-2439)                            |
| <b>Mandarin &amp; Cantonese</b><br>1-800-838-8917      | <b>TDD: Deaf or Hard of Hearing</b><br>1-800-933-4TDD<br>(1-800-933-4833)               |
| <b>Korean</b><br>1-800-556-5564                        | <b>Hours of Operation</b><br>Monday–Friday: 7am – 9pm<br>Saturday and Sunday: 9am – 5pm |

➤ **ORDER FREE PATIENT MATERIALS AT** [WWW.NOBTTS.ORG](http://WWW.NOBTTS.ORG)

**7 Suggestions for Clinical Use of Pharmacotherapies for Smoking Cessation** (The information contained within this table is not comprehensive)

PHARMACOTHERAPY	SIDE EFFECTS	DOSAGE	DURATION	PRODUCT NAME & AVAILABILITY
Nicotine Patch	Local skin reaction; Insomnia	21 mg/24 hours 14 mg/24 hours 7 mg/24 hours	4-6 weeks then 2 weeks then 2 weeks	Nicoderm CQ (OTC) Generic (Rx & OTC)
Nicotine Gum	Mouth soreness; Dyspepsia	1-24 cigs/day-2 mg gum. (To start: every 1-2 hrs, up to 24 pcs/day) 25+ cigs/day-4 mg gum. (To start: every 1-2 hrs, up to 24 pcs/day)	Up to 12 weeks	Nicorette, Generic (OTC) Original & various flavors
Nicotine Nasal Spray	Nasal irritation	8-40 doses/day. (To start: every 1-2 hrs)	3-6 months	Nicotrol NS (Rx)
Nicotine Inhaler	Local irritation of mouth and throat	6-16 cartridges/day. (To start: every 1-2 hrs)	Up to 6 months	Nicotrol Inhaler (Rx)
Nicotine Lozenge	Mouth soreness; Local irritation of throat; Hiccups	2 mg or 4 mg. (To start: every 1-2 hrs, up to 20 pcs/day)	12 weeks	Commit, Generic (OTC)
Bupropion SR** (Precautions/contraindications include history of seizure and eating disorder)	Insomnia; Dry mouth	150 mg every morning for 3 days, then 150 mg twice daily. (Begin treatment 1-2 weeks pre-quit)	7-12 weeks; Maint. up to 6 months	Zyban, Generic (Rx)
Varenicline*** (Precautions/contraindications include pregnant or breastfeeding women, children under 18, history of kidney problems)	Nausea; Headache; Insomnia; Flatulence; Vomiting	0.5 mg once a day for 1-3 days, then 0.5 mg twice daily (1 in am, 1 in pm) for 4-7 days. On day 8 through completion, 1 mg twice daily. (Begin treatment 1 week pre-quit)	12 weeks; Maint. option: add'l 12 weeks	Chantix (Rx)