

Tobacco Cessation Product Comparison



Do not use tobacco while using Nicotine Replacement Therapy (NRT). Check with your doctor before using NRT, or if you have any side effects. Check with your doctor if you are pregnant or breastfeeding.

| Product | Common Side Effects ¹ | Maximum Suggested Dosage ² | Duration/Use | When does it start to work? | Approximate cost per day without insurance [^] | Priority Health Coverage ³ (benefits may vary) |
|--|-------------------------------------|--|---|-----------------------------|---|---|
| Generic Nicotine gum* Over The Counter (OTC) | Mouth soreness Upset Stomach | 2 mg dose with less than 24 cigarettes/day 4 mg dose with greater than 24 cigarettes/day May use up to 24 pieces/day | Up to 12 weeks Use 1 piece every 1-2 hours for 6 weeks, then 1 piece every 2-4 hours for 3 weeks, then 1 piece every 4-8 hours for 3 weeks Chew slowly until a peppery taste is present, then place between cheek and gums for 30 minutes. Do not eat or drink while using the gum. | 10 minutes | \$6-7 per day for 10 pieces | Commercial plans: Covered Medicaid plans provided by PHGP: Covered Priority Health Medicare plans: Not covered |
| Nicotrol Inhaler* Prescription only 10 mg/cartridge | Irritation of mouth and throat | May use 6 to 16 cartridges per day | Up to 6 months Inhale deeply, or puff in short breaths | 15 minutes | \$9-12 per day for 6 cartridges | Commercial plans: Covered Medicaid plans provided by PHGP: Covered Priority Health Medicare plans: Covered tier 2 |
| Generic Nicotine Lozenge* OTC 2 mg or 4 mg | Upset Stomach Sore throat | If you smoke your first cigarette within 30 minutes of waking, use the 4 mg dose If you smoke your first cigarette 30 minutes or more after waking, use the 2 mg dose | 1 lozenge every 1 to 2 hours for 6 weeks, then 1 lozenge every 2 to 4 hours for 3 weeks, then 1 lozenge every 4 to 8 hours for 3 weeks Do not chew, bite, or swallow lozenge | 10 minutes | \$5 per day for 10 lozenges | Commercial plans: Covered Medicaid plans provided by PHGP: Covered Priority Health Medicare plans: Not covered |

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|--|---|---|--|--|---|---|
| Generic Nicotine Patch* OTC - 7mg or 14mg or 21 mg doses Prescription 11 mg or 22 mg doses | Skin irritation Vivid dreams Insomnia | OTC 21 mg/24 hrs 14 mg/24 hrs 7 mg/24 hrs Prescription 11 mg or 22 mg every 24 hrs | 21 mg for 4 weeks then 14 mg for 2 weeks then 7 mg for 2 weeks May use for 6 weeks total Apply to non-hairy, clean, dry skin on upper body or outer part of upper arm Rotate area to avoid irritation | 2-12 hours 2 hours to peak effect, then levels fall off | \$3-5 per day for each patch | Commercial plans: OTC covered Medicaid plans provided by PHGP: OTC covered Priority Health Medicare plans: Not covered. |
| Nicotrol Nasal Spray* Prescription only 0.5 mg/actuation | Nasal irritation Nose bleeds may occur with misuse | Up to 80 sprays per day (40 doses) Do not exceed 10 sprays/hour | 3 to 6 months Use 1 or 2 sprays every hour Inhale deeply, spray once into each nostril, and exhale through mouth | 5-10 minutes | \$5-6 per day for 24 sprays (about 12 doses) | Commercial plans: Covered Medicaid plans provided by PHGP: Covered Priority Health Medicare plans: Covered tier 2 |
| Bupropion (generic Zyban) Prescription only in 150 mg Note: Zyban is not a Nicotine Replacement Therapy | Insomnia Dry Mouth | 150 mg daily for 3 days, then 150 mg twice daily (begin treatment 1-2 weeks prequit) | Begin use 1 to 2 weeks prior to quitting Use for 7-12 weeks (may use up to 6 months) | 1 week | \$3-4 per day | Commercial plans: Covered Medicaid plans provided by PHGP: Covered Priority Health Medicare plans: Covered tier 1 |
| Chantix | Nausea, vomiting, insomnia, headache | 1mg twice a day (start with 0.5mg daily for 3 days, then 0.5mg twice a day for 4 days, then 1mg twice a day). Take with food. Stop smoking after 7 days of treatment. | 12 weeks. May continue additional 12 weeks if successful. | 1 week | \$4 per day | Commercial plans: Covered Medicaid plans provided by PHGP: Covered Priority Health Medicare plans: Covered tier 3 |

*Prior authorization required for treatment longer than 12 weeks.

**Priority Health Government Programs

¹General side effects of nicotine are increased heart rate, blood pressure, upset stomach, GI discomfort

²May be used on an "as needed" basis

³Coverage of benefits may vary. Formulary is subject to change. ASO/self-insured covers prescription items only.

[^]Cost is based on cash price for all drugs and may vary dependent upon usage.