



# Medications Can Help You Quit Tobacco



## Quitting tobacco is one of the best things you can do for your health

A safe and effective part of a complete quit plan includes medications like:

- nicotine patch
- nicotine lozenge
- nicotine gum
- bupropion

When used correctly they can reduce the cravings and discomfort you might experience while you stop using tobacco.



When people use tobacco, their bodies become

used to nicotine and start to rely on it to function normally.

**The role of quit tobacco medications is to reduce nicotine withdrawal symptoms** so you can focus on making the changes needed to live well without tobacco.

### What are nicotine withdrawal symptoms?

Withdrawal symptoms are the feelings of discomfort that can come with quitting tobacco. These symptoms can last a few days to a few weeks. They include irritability, lack of focus, depression or anxiety, sleep disturbance, restlessness, increased appetite or hunger, and cravings or urges to smoke.

### Isn't nicotine the harmful part of tobacco?


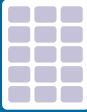


Nicotine is the addictive element of tobacco. Your body has become dependent on nicotine to feel normal. However, most of the health related problems of tobacco use (breathing or heart problems, cancer) come from being exposed to tobacco and tobacco smoke, not nicotine.

### Will I become addicted to these medications?

Nicotine replacement medications have a much lower risk of addiction than tobacco. They are safe and are usually used for about 2 to 3 months. Some people stay on the medications longer if they continue to experience cravings and withdrawal.

People who take medications are 2 times more likely to quit



Medication	Directions	Is It Right for Me?
<b>Nicotine patch</b> 	Put a new patch on your upper body every day. Don't use the same place more than once every 7 days.	Do not use nicotine replacement (patch, gum, lozenge) if you had a recent heart attack or have an irregular heart beat or chest pain.
<b>Nicotine gum</b> 	Chew until peppery taste or tingle emerges. Park gum between cheek and gum until it loses the tingle. Repeat until tingle disappears.	Women who are pregnant or breastfeeding should discuss with their doctor before using nicotine replacement.
<b>Nicotine lozenge</b> 	Place in mouth. Allow to dissolve slowly. Do not chew.	The patch may not be right for people with skin disorders (eczema, rash). Gum may not be right for people with jaw problems (TMD).
<b>Bupropion (Wellbutrin/Zyban)</b> 	Start 1 week before quit date, then continue to take 7 to 12 weeks daily.	Do not use if you have a history of or are at risk for seizures. See product label for more information.

### What other medication options are there?

Other options include the nicotine nasal spray, nicotine inhaler, and Chantix. These prescription medications may be better choices if the nicotine patch, gum, lozenge, and bupropion don't work for you.

### Learn More!

- Explore which medication(s) may be right for you at [kpdoc.org/tobaccomedications](http://kpdoc.org/tobaccomedications).
- Find practical strategies, resources, and tips at [kpdoc.org/quittingtobacco](http://kpdoc.org/quittingtobacco).
- Wellness Coaching by phone: Get help making—and sticking with—a plan to help you quit tobacco. Schedule your free coaching appointment(s) by calling 1-866-251-4514. Appointments are available Monday through Saturday, during the day and evenings.

### Is there anything I can do about withdrawal without medications?

Withdrawal symptoms go away in time. Whether you use medication or not, it is helpful to have a plan to manage challenging moments without using tobacco. Replace tobacco with something healthy:

- Make your smoke break a short walk.
- Chew celery or a straw.
- Breathe deeply to relax—without the smoke.
- Find support through friends, family, or communities of quitters.

### Are medications covered by my health insurance?

With a doctor's prescription, over-the-counter nicotine replacement therapies are available at no cost to members. Other tobacco cessation prescription medication benefits vary. If you have questions about your coverage, please call the Member Services Contact Center at 1-800-464-4000 or refer to your health plan Evidence of Coverage (EOC).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.

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