YOU ASKED, WE LISTENED
Facts about tobacco December 4, 2008

CHANTIX® *

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Chantix® (varenicline)

Available by prescription only.

Mechanism of Action: blocks nicotine from tobacco from reaching nicotine receptors in the brain and possibly activates these receptors, causing reduced release of dopamine compared to smoking

Precautions: Can cause changes in behavior, agitation, depressed mood, and suicidal thoughts or actions- caution with history of depression, Pregnancy Category C, renal impairment (dosage adjustment may be necessary), not indicated for use with other NRTs

Counseling tips:

- Tablet taken by mouth, usually taken once or twice a day with a full glass of water after eating
- Take at or around the same time(s) every day
- If taking it twice a day, take one dose in the morning and one in the evening
- Your doctor will probably start you on a low dose and gradually increase your dose over the first week of treatment.
  - Taper: Days 1-3 0.5 mg QAM; Days 4-7 0.5 mg BID; Weeks 2-12 1 mg BID
- Nausea and insomnia are side effects that are usually temporary; other side effects include abnormal dreams, flatulence, vomiting and constipation
- Set a quit date to stop smoking, and start taking 1 week before that date. You may continue to smoke during this first week, but make sure to try to stop smoking on the date you have chosen.
- It may take several weeks for you to feel the full benefit. If you slip and smoke, you may still be able to stop smoking. Continue to take and to try not to slip anymore.
- You will probably take for 12 weeks. If you have completely stopped smoking at the end of 12 weeks, your doctor may tell you to continue to take for another 12 weeks. This may help keep you from starting to smoke again.
- If you have not stopped smoking after taking for 12 weeks, talk to your doctor. Your doctor can help you understand why you were not able to stop smoking and make plans to try to quit again.