

## **Tobacco Cessation Program (TCP) Acknowledgement of TCP Medication Side Effects**

The following medications below are used in the Tobacco Cessation Program to help individuals quit tobacco and nicotine. Your primary care provider will make the final decision if you can use medication, and which medication is right for you. Please read the following potential side effects for each medication carefully and discuss with your provider if you have questions about your condition, treatment or quit medications. This is not a complete list of all side effects. For a complete list ask your doctor or pharmacist. This form will be saved in your records by the TCP staff.

### **ZYBAN (bupropion hydrochloride)**

The most common side effects include dry mouth and trouble sleeping. These side effects are generally mild and often disappear after a few weeks. If you have trouble sleeping, do not take ZYBAN too close to bedtime.

### **Varenicline**

The most common side effects include nausea, vomiting, constipation, gas, trouble sleeping and/or unusual dreams.

Please discontinue use and notify your primary care provider and counselor as soon as possible if you experience any of the following side effects:

Thoughts about suicide or dying or attempts	Extreme increase in activity and talking	Unusual menstrual cycles	Abnormal thoughts or sensations
New or worse depression	Seeing or hearing things that are not there (hallucinations)	New or worse anxiety	Panic attacks
Feeling people are against you (paranoia)	Feeling very agitated or restless	Feeling confused	Acting aggressive, being angry or violent
Other unusual changes in behavior or mood	Acting on dangerous impulses	Trouble sleeping	Seizure
High blood pressure	Allergic reaction such as rashes	Cardiovascular problems	Chest discomfort

### **NRT (Nicotine Replacement Therapy)**

Nicotine replacement products are designed to wean the body off nicotine. These supply you with nicotine in controlled amounts while sparing you from other chemicals found in tobacco products. NRTs associated with the TCP include nicotine patches, gum and lozenges. When applying a new patch, rotate the site placement of the patch for best absorption. You should stop using a nicotine replacement product and call your health care professional if you experience nausea, dizziness, weakness, vomiting, fast or irregular heartbeat. Contact your physician right away if you experience mouth problems when using gum/lozenge or swelling of the skin around the patch. *Do not use any other product containing nicotine while using a nicotine replacement product.*

### **NICOTROL- nicotine inhalant**

You may experience mild irritation of the mouth or throat and cough when you first use the Nicotrol Inhaler. You should get used to this in a short time. Stomach upset may also occur. Do not use more than 16 cartridges each day unless directed to do so by your physician. Do not use longer than 6 months. Store cartridges at room temperature, not to exceed 77°F (25°C). If you keep cartridges in the car, remember that the interiors heat up quickly. Protect the inhaler from sunlight and clean the mouthpiece regularly with soap and water.