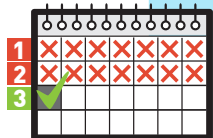


Prescription Medication Guide

Medications can TRIPLE your chances of reducing and quitting tobacco!!

These medications help to control withdrawal symptoms and reduce cravings for nicotine.

These medications can be started **One to two weeks PRIOR to your quit day.**



Frequently Asked Questions:

Can I use nicotine replacement therapy (NRT) while taking prescription quit smoking medications?

Bupropion SR (Zyban™) and Varenicline (Champix™) can be used with the nicotine patch, gum, inhaler, mouth spray and lozenge under the supervision of your health care provider.

What if I miss a dose?

If you miss a dose, do not double the next dose. Wait and take your next tablet at the regular time.

Will I have nightmares?

You may have strange dreams, but this does not happen to everyone.

IMPORTANT: Medication decisions should be made in consultation with a health care provider. Prescription required for Non-Insured Health Benefits (NIHB) coverage.

MEDICATIONS

How to use

CHAMPIX™

Generic name is Varenicline

Take once daily for three days and then twice daily for 12 weeks.

Take with food and water

Side Effects

- Upset stomach
- Trouble sleeping
- Strange dreams
- Headache

Precautions

Make sure you tell your doctor or nurse if you:

- Are pregnant or breastfeeding
- Have kidney problems

NIHB Coverage

165 tablets (three-month supply) per year



ZYBAN™

Generic name is Bupropion SR

Take once daily in the morning for three days then twice daily in the morning and early evening for 12 weeks.

Take with water
 Do not crush or chew

- Dry mouth
- Trouble sleeping
- Headache
- Shakiness or nervousness

Make sure you tell your doctor or nurse if you:

- Are pregnant or breastfeeding
- Have high blood pressure
- Have a seizure disorder
- Are taking other prescription or non-prescription medications
- Drink alcohol regularly

180 tablets (three-month supply) per year



RESOURCES

- Call the QuitLine at 1 866-368-7848 or email quithelp@gov.nu.ca. It's a private, free service available in Inuktitut, English, Inuinnaqtun and French.
- Go to www.nuquits.ca
- Visit **Tobacco Has No Place Here** on Facebook.

