VHA Tobacco Use Cessation — Treatment Guidance
Part 2: Assisting with Tobacco Cessation — Medication Options

Assess Dependence

- Smoke >30 mins upon waking
- Consider NRT or Bupropion
- Smoke ≤30 mins upon waking or Smoke ≥20 cigs/day
- Consider NRT, Bupropion, or Combination NRT

First Line Therapies

Nicotine Replacement Therapy (NRT)
Avoid if myocardial infarction in past 2 weeks, unstable angina, or serious arrhythmia
- Nicotine Patch
- Nicotine Gum
- Nicotine Lozenge

Bupropion
Avoid if seizure disorder, anorexia/bulimia, or severe liver disease

Combination NRT
Patch + PRN gum
Patch + PRN lozenge
Patch + bupropion
Bupropion + PRN lozenge

Relapse
Identify factors leading to Relapse

Medication-Related
Review dosing and administration of current medication; Retry current medication if patient was not using properly
- Combination NRT
  (if not already tried)

Behavioral-Related
Problem solving/skills training; Refer to smoking cessation program

Consider varenicline if no success with at least 2 other therapies (including combination)
MUST meet and FOLLOW varenicline prescribing criteria available at: www.pbm.va.gov/Clinical Guidance/Criteria For Use/Varenicline Criteria for Prescribing.doc

Alternative Agents

- Nortriptyline
- Clonidine

This guidance was developed in collaboration with VHA Pharmacy Benefits Management Services.