

Tobacco Cessation Drugs		
Product	Dose	Side Effects
Nicotine patch	7 mg, 14 mg, 21 mg/day, depending on nicotine use	Application site reactions
Nicotine gum	2 mg–4 mg every 1–2 hours as needed	Headache, indigestion, nausea
Nicotine lozenge	2 mg–4 mg every 1–2 hours as needed	Headache, indigestion, nausea
Varenicline (Chantix)	Start 0.5 mg/day, increase to 1 mg twice daily	Insomnia, vivid dreams
Bupropion (Wellbutrin, Zyban)	150 mg, either once or twice daily	Tremor, insomnia, weight loss
Nortriptyline (off label)	Start 25 mg daily, increase to 75 mg–100 mg daily	Sedation, dry mouth, constipation
Clonidine (off label)	Start 0.1 mg daily, increase to maximum of 0.75 mg total daily	Hypotension, sedation, dry mouth

From the Article:  
**“Smoking Cessation and Psychiatric Disorders”**  
*The Carlat Addiction Treatment Report*, Volume 6, Number 2, March/April 2018  
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