

Medicines that Help You Quit Smoking



“The fingers of the laua‘e plant (above) represents members of our ‘ohana, our support team. When a person is on a tobacco cessation journey, they need support. The bumps and lumps (spores) symbolize life’s journey and how we have to navigate the often bumpy road, but the more support we receive, the more successful we are. And from the bumpy spores we get more ‘babies’, and we need more healthy Hawaiians.”

Mo‘olelo from Leimomi Shearer, Hui Mālama Ola Nā ‘Ōiwi

Some people quit smoking on their own, but many quit with the help of their doctor. There are medicines available to help you quit.

This pamphlet talks about medicines that help people stop smoking. Talk to your doctor about what options may be the right one for you.

Pills

- **Brand name:** Zyban

Also called: Wellbutrin, Bupropion SR

Description: For many people, this is a pill without nicotine that lessens cravings and weight gain when trying to quit smoking.

Where to get: You can get Zyban from a doctor, drugstores, pharmacies, and warehouse outlets (Costco, Sam's Club).

- **Brand name:** Chantix

Also called: Varenicline

Description: For many people, this is a pill without nicotine that lessens the urge to smoke.

Where to get: You can get Chantix from a doctor, drugstores, pharmacies, and warehouse outlets (Costco, Sam's Club).

Nicotine Patches

- **Brand names:** Habitrol, Nicoderm CQ, Nicotrol

Description: A patch that sticks to your skin and releases small amounts of nicotine into your body.

Where to get: You can buy patches yourself at most drugstores and pharmacies, warehouse outlets (Costco, Sam's Club), and by calling the Tobacco Quit Line.

Nicotine Gum

- **Brand names:** Nicorette, Nicorette DS, Nicorette various flavors

Description: Gum that is chewed, one piece at a time. Be sure to read the directions carefully about how many can be chewed in a day.

Where to get: You can get nicotine gum at most drugstores and pharmacies, warehouse outlets (Costco, Sam's Club), and by calling the Tobacco Quit Line.

Nicotine Lozenge

- **Brand name:** Nicorette

Description: The lozenge is like a cough drop that must be sucked on until gone. It should not be bitten, chewed or swallowed. Read directions carefully because amount is reduced over time.

Where to get: You can get nicotine lozenges at most drugstores and pharmacies.

Nicotine Inhaler

- **Brand name:** Nicotrol IN

Description: The Nicotine Inhaler comes in a kit. Ask your health care provider about use.

Where to get: You can get the Nicotine Inhaler from a doctor, and most drugstores and pharmacies.

Nicotine Nasal Spray

- **Brand name:** Nicotrol NS

Description: A solution that is sprayed in the nose.

Where to get: You can get the nicotine nasal spray from a doctor, and most drugstores and pharmacies.

Quick Reference: Medicines That Help You Quit Smoking

(Costs are estimates based on prices on July 2011 from multiple vendors)

Type of Medicine	Brand Names	Do I Need a Doctor's Prescription?	Cost (May Vary By Island)	Where Can I Get It?	Other benefits
Pill	Zyban Also called: Wellbutrin and Bupropion SR	Yes	\$40 to \$230 for one month's supply of 60 pills	Drugstores, pharmacies, warehouse outlets (Costco, Sam's Club)	Lessens cravings and weight gain
	Chantix Also called: Varenicline	Yes	\$150 to \$170 per month, 56 count	Drugstores, pharmacies, warehouse outlets (Costco, Sam's Club)	Eases symptoms of quitting
Gum	Nicorette, Nicorette DS, Nicorette various flavors	No	\$10 for 20 pieces \$48 to \$70 for 100 pieces \$60 for 200 pieces	Drugstores, pharmacies, warehouse outlets (Costco, Sam's Club), Tobacco Quit Line	Easy to use
	Generic (CVS, Equate)	No	\$30 for 100 pieces		
Patch	Nicoderm CQ	No	Steps 1 - 3: \$40 for 14 patches	Drugstores, pharmacies, warehouse outlets (Costco, Sam's Club), Tobacco Quit Line	Easy to use
Inhaler	Nictorol IN	Yes	\$50 for 42 cartridges	Drugstores, pharmacies, your doctor	Works quicker than the gum
Nasal Spray	Nicotrol NS	Yes	\$50 to \$60 for 10 ml	Drugstores, pharmacies, your doctor	Eases symptoms of quitting
Lozenge	Nicorette	No	\$50 to \$60 for 108 pieces	Drugstores, pharmacies	Easy to use
	Generic (CVS, Equate)	No	\$35 for 108 pieces		

HAWAII TOBACCO **QUIT** LINE

1-800 **QUIT** NOW
1-800-784-8669

FREE NICOTINE PATCHES OR GUM AND FREE COACHING,
REGARDLESS OF INSURANCE

**If you do not have a doctor or health care provider,
call the Native Hawaiian Health Care System on your island:**

Kaua'i, Ni'ihau

Ho'ōla Lāhui Hawai'i
(808) 240-0100

O'ahu

Ke Ola Mamo
(808) 845-3388

Moloka'i

Nā Pu'uwai
(808) 560-3653

Lāna'i

Ke Ola Hou O Lāna'i
(808) 565-7204

Maui

Hui No Ke Ola Pono
(808) 244-4647

Hawai'i

Hui Mālama Ola Nā 'Ōiwi
(808) 969-9220



Halehale circa 1940

'Imi Hale
Native Hawaiian Cancer Network
A Program of Papa Ola Lōkahi
www.imihale.org



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