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 ʻŌiwi
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, Buproprion 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 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.
## UPDATED! Quick Reference: Medicines That Help You Quit Smoking
*(Costs are estimates based on prices from multiple vendors, December 2012)*

<table>
<thead>
<tr>
<th>Type of Medicine</th>
<th>Brand Names</th>
<th>Do I Need a Doctor’s Prescription?</th>
<th>Cost (May Vary By Island)</th>
<th>Where Can I Get It?</th>
<th>Other benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pill</strong></td>
<td>Zyban</td>
<td>Yes</td>
<td>$29 to $212 for one month’s supply of 60 pills.</td>
<td>Drugstores, pharmacies, warehouse outlet (Costco, Sam’s Club)</td>
<td>Lessens cravings and weight gain.</td>
</tr>
<tr>
<td></td>
<td>Chantix</td>
<td>Yes</td>
<td>Starter $90-$193 per month, 53 count. Maintenance $114 - $198 per month, 56 count.</td>
<td>Drugstores, pharmacies, warehouse outlet (Costco, Sam’s Club)</td>
<td>Eases symptoms of quitting.</td>
</tr>
<tr>
<td><strong>Gum</strong></td>
<td>Nicorette, Nicorette DS, Nicorette various flavors</td>
<td>No</td>
<td>$11 for 20 pieces $41 to $58 for 100 pieces $57 to $72 for 170 pieces</td>
<td>Drugstores, pharmacies, warehouse outlet (Costco, Sam’s Club), and the Tobacco Quit Line</td>
<td>Easy to use.</td>
</tr>
<tr>
<td></td>
<td>Generic (CVS, Equate, etc.)</td>
<td>No</td>
<td>$29 - $44 for 100 pieces $34 - $58 for 170 pieces.</td>
<td>Drugstores, pharmacies, warehouse outlet (Costco, Sam’s Club), and the Tobacco Quit Line</td>
<td>Easy to use.</td>
</tr>
<tr>
<td><strong>Patch</strong></td>
<td>Nicoderm CQ</td>
<td>No</td>
<td>Steps 1-3: $38 - $55 for 14 patches</td>
<td>Drugstores, pharmacies, warehouse outlet (Costco, Sam’s Club), and the Tobacco Quit Line</td>
<td>Easy to use.</td>
</tr>
<tr>
<td></td>
<td>Generic (CVS, Equate, etc.)</td>
<td>No</td>
<td>Steps 1-3: $29 - $42 for 14 patches</td>
<td>Drugstores, pharmacies, warehouse outlet (Costco, Sam’s Club), and the Tobacco Quit Line</td>
<td>Easy to use.</td>
</tr>
<tr>
<td><strong>Inhaler</strong></td>
<td>Nicotrol IN</td>
<td>Yes</td>
<td>$179 - $215 for 10 mg</td>
<td>Drugstores, pharmacies, your doctor</td>
<td>Works quicker than the gum.</td>
</tr>
<tr>
<td><strong>Nasal Spray</strong></td>
<td>Nicotrol NS</td>
<td>Yes</td>
<td>$51 - $280 for 10 ml</td>
<td>Drugstores, pharmacies, your doctor</td>
<td>Eases symptoms of quitting.</td>
</tr>
<tr>
<td><strong>Lozenge</strong></td>
<td>Nicorette</td>
<td>No</td>
<td>$34 - $46 for 72 pieces</td>
<td>Drugstores, pharmacies</td>
<td>Easy to use.</td>
</tr>
<tr>
<td></td>
<td>Generic (CVS, Equate, etc.)</td>
<td>No</td>
<td>$30 - $56 for 72 pieces.</td>
<td>Drugstores, pharmacies</td>
<td>Easy to use.</td>
</tr>
</tbody>
</table>
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 Puʻuwai  
(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

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