

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.

UPDATED! Quick Reference: Medicines That Help You Quit Smoking

(Costs are estimates based on prices from multiple vendors, December 2012)

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	\$29 to \$212 for one month's supply of 60 pills.	Drugstores, pharmacies, warehouse outlet (Costco, Sam's Club)	Lessens cravings and weight gain.
	Chantix Also called: Varenicline	Yes	Starter \$90-\$193 per month, 53 count. Maintenance \$114 - \$198 per month, 56 count.	Drugstores, pharmacies, warehouse outlet (Costco, Sam's Club)	Eases symptoms of quitting.
Gum	Nicorette, Nicorette DS, Nicorette various flavors	No	\$11 for 20 pieces \$41 to \$58 for 100 pieces \$57 to \$72 for 170 pieces	Drugstores, pharmacies, warehouse outlet (Costco, Sam's Club), and the Tobacco Quit Line	Easy to use.
	Generic (CVS, Equate, etc.)	No	\$29 - \$44 for 100 pieces \$34 - \$58 for 170 pieces.		
Patch	Nicoderm CQ	No	Steps 1-3: \$38 - \$55 for 14 patches	Drugstores, pharmacies, warehouse outlet (Costco, Sam's Club), and the Tobacco Quit Line	Easy to use.
	Generic (CVS, Equate, etc.)	No	Steps 1-3: \$29 - \$42 for 14 patches		
Inhaler	Nicotrol IN	Yes	\$179 - \$215 for 10 mg	Drugstores, pharmacies, your doctor	Works quicker than the gum.
Nasal Spray	Nicotrol NS	Yes	\$51 - \$280 for 10 ml	Drugstores, pharmacies, your doctor	Eases symptoms of quitting.
Lozenge	Nicorette	No	\$34 - \$46 for 72 pieces	Drugstores, pharmacies	Easy to use.
	Generic (CVS, Equate, etc.)	No	\$30 - \$56 for 72 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



**THE QUEEN'S
MEDICAL CENTER**



**NCI COMMUNITY
CANCER CENTERS
PROGRAM**



This publication is supported in part by Cooperative Agreement (DP09-90103CONT11) from the Centers for Disease Control and Prevention (CDC) Office on Smoking and Health. Local support provided by the Department of Health Tobacco Prevention & Education Program funded under the CDC Cooperative Agreement.

'Imi Hale is supported by grants from the National Cancer Institute U01CA114630, U54CA153459