



### **Nicotine replacement therapy: Gum**

- Brands available: Nicotine gum (generic), Thrive, Nicorette Plus, Nicorette
- Limit: 945 pieces per year, from date first prescription filled
- Doubles a smoker's chance of quitting successfully *(evidence based\*)*

### **Nicotine replacement therapy: Patch**

- Brands available: Habitrol, Nicoderm, Nicotrol Transdermal, Prostep Day, Transdermal Nicotine (generic)
- Limit: 84 patches per year, from date first prescription filled
- Doubles a smoker's chance of quitting successfully *(evidence based\*)*

### **Other forms of NRT**

- Options: Nicorette Cartridge Inhaler; Nicorette Lozenge, Thrive Lozenge
- Limit: 945 pieces per year, from date first prescription filled
- Double a smoker's chance of quitting successfully *(evidence based\*)*
- Important: Cold temperatures affect how the inhaler works. Store and use at room temperature (15° C to 30° C).

### **Bupropion**

- Zyban (bupropion HCL) 150 mg SR tablet
- Limit: 180 tablets per year, from date first prescription filled
- Doubles a smoker's chance of quitting successfully *(evidence based\*)*
- Important: Use only under the supervision of a health care provider.

### **Varenicline**

- Champix (varenicline) 1 mg or 0.5 mg tablets
- Limit: 165 tablets per year, from date first prescription filled
- Doubles to triples a smoker's chance of quitting successfully *(evidence based\*)*
- Important: Use only under the supervision of a health care provider.

**Important: Medication decisions should be made in consultation with a healthcare provider. Prescription required for all options for NIHB coverage.**

## Resources

For First Nations smoking cessation resources for youth  
[www.nafc.ca/youth-tobacco-cessation-tool-kit-and-guide-en.htm](http://www.nafc.ca/youth-tobacco-cessation-tool-kit-and-guide-en.htm)

For more ideas from Health Canada on how to quit  
[www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)

For current NIHB coverage,  
follow the Quick Link to the Drug Benefit List  
[www.healthcanada.gc.ca/nihb](http://www.healthcanada.gc.ca/nihb)

For additional First Nations tools and  
independent evidence on medications  
[www.cadth.ca/smokingcessation](http://www.cadth.ca/smokingcessation)

## Does medication really help?

**\*Evidence:** The Canadian Agency for Drugs and Technologies in Health (CADTH) studied 82 clinical trials involving 40,317 healthy smokers to compare the long-term effectiveness of varenicline, bupropion, and nicotine replacement therapies. The evidence showed that all of these medicines helped roughly twice as many people to quit and stay smoke free six months or a year later, compared with people who received a placebo.

These medications should be used when the smoker really wants to quit and has the support of their health care provider, family, and friends.

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# Smoking harms everyone

*Smoking Cessation Medication Guide*

