Using Chantix™

Chantix™ (varenicline) is a non-nicotine medicine to help smokers quit. It may help cut cravings for nicotine. It also may block the pleasure of smoking.

Getting Chantix™
You need a doctor’s prescription. A 1-month supply of Chantix™ costs $100 – $150, depending on the pharmacy. Your insurance company may cover the cost. They may want you to be in an approved quit-smoking program.

The Right Dose and Schedule
Talk with your doctor first. Pfizer, Inc., the maker of Chantix™, recommends a 12-week program:

- Days 1 – 3: White tablet (0.5 mg) 1 each day
- Days 4 – 7: White tablet (0.5 mg) 2 each day
- Days 8 – 84: Blue tablet (1 mg) 2 each day

- Your doctor may suggest a second 12-week program to help you stay quit.
- Talk with your doctor about the schedule that will work best for you.

Tips
First set a quit date. Then start using Chantix™ a week BEFORE you quit smoking.

- Starting on day 4, take one tablet in the morning and one in the evening.
- Take Chantix™ right after eating, and with a full 8 oz. glass of water.

Cautions
Talk with your doctor if you:

- start to feel upset or depressed
- have thoughts about hurting yourself or someone else
- have kidney problems or get kidney dialysis
- are taking any other medicine, especially insulin, blood thinners, or asthma medicine (including puffers)
- are pregnant or breastfeeding, or plan to become pregnant
- plan to stop using Chantix™ before the end of the treatment program

Side effects
- Nausea (most common)
- Gas
- Headache
- Vomiting
- Insomnia
- Changes in dreaming
- Constipation

If these don’t go away, your doctor may change your dose of Chantix™.

Remember:
You’re doing the work, not the Chantix™. Chantix™ is just a tool to help. Make sure you plan for trigger situations. And give yourself credit for every day you don’t smoke!