

Using Chantix™



California
Smokers'
Helpline
1-800-NO-BUTTS

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!