



## Varenicline

### What is Varenicline?

Varenicline (Chantix) is a prescription medicine used to help people quit smoking. It does not have nicotine.

- It cuts cravings by tricking the body to feel like it is getting nicotine.
- It blocks the pleasure of smoking.
- Most health plans cover at least some of the cost.
- Coupons may be found on Chantix.com.

### How to Get Started

Talk with your doctor before using varenicline, especially if you:

- Are pregnant, breastfeeding or plan to get pregnant.
- Have a history of mental health conditions (symptoms may get worse while taking varenicline).
- Have kidney problems or kidney dialysis.
- Have a history of heart or blood vessel problems.
- Use other meds to quit smoking.

### Dose and Schedule

There are 3 ways to use varenicline. Talk to your doctor about which is best for you.

- Pick a quit date and start varenicline 1 week before your quit date. Take varenicline for 12 weeks.
- Start varenicline and pick a start date between day 8 and 35. Take varenicline for 12 weeks.
- Take varenicline for 12 weeks while you taper off cigarettes. Then stay on varenicline for 12 more weeks, for a total of 24 weeks.

### Tips for Use

Take varenicline right after eating with 8 ounces of water.

- If you quit smoking while on varenicline, still complete the full 12 or 24 weeks. This will help you stay quit.
- If you relapse, keep taking varenicline and get back to quitting.
- For free help and support, call 800-QUIT-NOW (800-784-8669).



### Side Effects

The most common side effect is nausea. Others may include:

- Gas.
- Constipation.
- Throwing up.
- Trouble sleeping.
- If side effects don't go away, your doctor may change your dose.
- Lower alcohol tolerance.
- Seizures (rarely).

Stop taking varenicline and call your doctor right away if you feel more agitated or depressed or have suicidal thoughts during or after use.