A Guide for Choosing Smoking Cessation Medication for Patients with Mental Illnesses
Tailoring based on research evidence
(Anthenelli et al., 2016; Evins 2010; Bader 2009; Hitsman 2009; Piper 2009; Fiore 2008)

1. In the past year, was this patient:
   • Suicidal
   • Homicidal
   • Significantly depressed
   • Violent
   • Unwilling to attend regular doctor’s appointments to monitor medications
   • Under 18 years old

   No to all
   VARENICLINE

   Yes to any

2. Does patient have a history of:
   • Mania
   • Anxiety disorder
   • Seizure
   • Eating disorder
   • Under 18 years old

   No to all

3. Does patient:
   • Smoke 20 or more cigarettes a day
   • Have a history of failure at serious quit attempt
   • Have nicotine withdrawal when patient stops smoking, or
   • Failure on single daily low dose of NRT

   Yes to any
   BUPROPION plus High dose combination NRT

   No to all
   BUPROPION plus Low dose combination NRT

4. Does patient:
   • Smoke 20 or more cigarettes a day
   • Have a history of failure at serious quit attempt
   • Have nicotine withdrawal when patient stops smoking, or
   • Failure on single daily low dose of NRT

   Yes to any
   High dose combination NRT

   No to all
   Low dose combination NRT

Combination Nicotine Replacement Therapy (NRT):
High dose NRT: 21mg patch plus immediate release
Low dose NRT: 14mg patch plus immediate release
Immediate release: gum, lozenge, spray or inhaler up to 8 X day at appropriate strength for patient’s needs. (Gum and lozenge come in either 2mg or 4 mg strength.)