Pharmacotherapy Review Questions/Answers

Use the Pharmacologic Product Guide to review each answer thoroughly.

1) Name the 7 first line medications approved for tobacco treatment.
   A: Nicotine Patch
   Nicotine Gum
   Nicotine Lozenge
   Nicotine Oral Inhaler
   Nicotine Nasal Spray
   Bupropion SR (Zyban)
   Varenicline (Chantix/Champix)

2) Which of the 7 first line medications is the easiest to use and has been shown to have good compliance?
   A: Nicotine Patch

3) What are the instructions for the use of the nicotine gum?
   A: Chew until a peppery taste/tingling begins, park between cheek and gum, repeat. Avoid food and drink for 15 minutes before and during use

4) Which NRT product is absorbed most rapidly?
   A: Nasal spray

5) At the end of one week of gradually increasing doses (titration), what is the full recommended dosage of Chantix?
   A: 1mg/2x a day – total of 2mg/day

6) How long before quit date should bupropion be started?
   A: At least two weeks

7) What dosage of the lozenge is recommended for someone who smokes within 30 minutes after waking?
   A: 4 mg

8) What would you recommend to the client who complains of vivid dreams while on the patch?
   A: remove the patch at night, replace with a new one in the morning

9) How can nausea while taking varenicline be minimized?
   A: Always take with food – especially a full meal. For some mid-meal helps the best. Some may need to reduce to 0.5 mg twice a day. This dose will be effective for some, not all.

Pharmacotherapy for the Treatment of Use Disorder
10) What is the recommended full dosage of bupropion?
   A: 150 mg/2x day = 300 mg daily

11) What would you recommend to the client who is experiencing some insomnia while taking bupropion?
   A: Take the first dose as early in the morning as possible and take the second by mid-afternoon

12) What does one dose of the nasal spray consist of?
   A: One spray in each nostril

13) True or False: the nicotine contained in the oral inhaler is absorbed by inhaling into the lungs
   A: False – it is absorbed in the oral mucosa. The inhaler should be ‘puffed’ to release the nicotine into the mouth.

14) What is the manufacturers recommended dosage of nicotine patch for a 20 cigarette per day smoker?
   A: 21 mg patch

15) Name at least one advantage and one disadvantage for each of the 7 first line medications.
   A: (responses will vary – refer to the Pharmacologic Product Guide)
   Patch:
   Gum:
   Lozenge:
   Inhaler:
   Nasal Spray:
   Bupropion:
   Varenicline: