CHENNAI MINDS LEAFLET – MANAGEMENT OF NICOTINE ADDICTION

All You Need To Know About Antidepressants

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NICOTINE REPLACEMENT THERAPY:

START WITH 2 MG TO 4 MG

- 1-24 CIGARETTES: 2 MG GUM (UP TO 24 PIECES / DAY) FOR 12 WEEKS
- < 25 CIGARETTES: 4 MG GUM (UP TO 24 PIECES / DAY) FOR 12 WEEKS

WEANING OF NICOTINE GUM

- DECREASE EVERY 4-7 DAYS ABOUT 1 PIECE A DAY
- INCREASE DURATION BETWEEN USE OF NICOTINE PIECES



NON-NICOTINE REPLACEMENT THERAPY:

BUPROPION - Antidepressant.
Has both dopaminergic and adrenergic actions

- Quit date is usually on day 7-14
- 150 mg OD - 3 days; 150 mg BD 7-12 Weeks

VARENICLINE - Partial nicotine agonist
Smoking stopped one week after stopping this.
0.5 mg OD 3 days; 0.5 mg BD for 4 days; increase to 1 mg BD for 12 weeks

SIDE EFFECTS:

- Agitation
- Restlessness
- Insomnia
- Gastric upsets
- Headache
- Weight loss
- Lowering of seizure threshold



COPING WITH WITHDRAWAL SYMPTOMS:

- Irritability - Walk, yoga, relax, yoga
- Fatigue - Increase fluids
- Cough - Fluids, lozenges
- Nasal drip - Fluids
- Dizziness - Change position slowly, relax
- Lack of concentration – Stress and time management
- Constipation - Fibre, fluids
- Headache - Fluids, snacks, meals
- Hunger - Short, frequent meals
- Tobacco craving - Water, exercise, talk to family/friends

DISCLAIMER

All the details contained in this leaflet are for information purposes only. You need to consult a Consultant Psychiatrist well trained to treat this condition. CHENNAI MINDS takes no responsibility for the information or the consequences of the decision made on reading this information leaflet.