



Nicotine Replacement Therapy (NRT)

Method	Availability	Description
Nicotine Patches	Over-the-Counter	The nicotine patch is placed on the skin and gives users a small and steady amount of nicotine.
Nicotine Gum	Over-the-Counter	Nicotine gum is chewed to release nicotine. The user chews the gum until it produces a tingling feeling, and then places it between their cheek and gums.
Nicotine Lozenges	Over-the-Counter	Nicotine lozenges look like hard candy and are placed in the mouth. The nicotine lozenge releases nicotine as it slowly dissolves in the mouth.
Nicotine Inhaler	Prescription	A nicotine inhaler is a cartridge attached to a mouthpiece. Inhaling through the mouthpiece gives the user a specific amount of nicotine.
Nicotine Nasal Spray	Prescription	Nicotine nasal spray is a pump bottle containing nicotine, which is put into the nose and sprayed.

Other Quit Smoking Medications

Method	Availability	Description
Bupropion	Prescription	Bupropion, also known as Zyban®, helps to reduce nicotine withdrawal and the urge to smoke. Bupropion can be used safely with NRT.
Varenicline	Prescription	Varenicline, also known as Chantix®, helps to reduce nicotine withdrawal and the urge to smoke. It also blocks the effects of nicotine from cigarettes if the user starts smoking again