

# Patient Guide: Tobacco Cessation Therapy

## NICOTINE PATCH 21mg, 14mg, 7mg

Medication together with behavioral counseling gives you the best chance of quitting smoking

### What does this medication do?

The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms. The nicotine patch is recommended along with a tobacco cessation program in order to provide you with additional support and educational materials.

### How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date).
- ◆ Begin using the patch on your quit date.
- ◆ **Apply only one (1) patch when you wake up and remove the old patch.**
- ◆ If you miss a dose, use it as soon as you can.
- ◆ Peel the back off the patch and put it on clean, dry, hair-free skin on the upper arm, chest or back.
- ◆ Press patch firmly in place for 10 seconds so it will stick well to your skin.
- ◆ You can bathe, shower or swim while wearing the patch.
- ◆ You can put tape over the patch if needed.
- ◆ Avoid wearing the patch on the same area more than once a week.
- ◆ Do not cut patch.
- ◆ To dispose of patch, fold the old patch in half with the sticky sides together and throw it in the regular trash away from children or pets.
- ◆ Remove the patch before a magnetic resonance imaging (MRI) procedure.
- ◆ If you slip up and smoke, continue using the patch and try not to smoke.

### What are the possible side effects?

- ◆ May cause minor burning, itching or redness of skin.
- ◆ If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using, remove the patch and contact your provider right away.\*\*
- ◆ Sleep problems or vivid dreams may occur. If this occurs, you may remove the patch before going to sleep.

**\*\*Some patients are allergic to adhesive material**

# Patient Guide: Tobacco Cessation Therapy

## NICOTINE GUM 2mg, 4mg

Medication together with behavioral counseling gives you the best chance of quitting smoking

### What does this medication do?

The gum has nicotine to help you quit smoking by decreasing withdrawal symptoms. Nicotine gum is recommended along with a tobacco cessation program in order to provide you with additional support and educational materials.

### How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date).
- ◆ Begin using the gum on your quit date.
- ◆ **Chew and Park** the gum.
- ◆ **Chew:** Unlike regular gum, chew slowly until you have a peppery or slight tingling in your mouth.
- ◆ **Park** the gum between your cheek and gum. Leave it there for about one (1) minute to absorb until taste or tingle is gone.
- ◆ Repeat the steps of Chew and Park until the taste or tingle is gone.\*\*
- ◆ Do not eat or drink for 15 minutes before and during use. Doing so may prevent the gum from working correctly.
- ◆ Use throughout the day, this is not “as-needed” medication.
- ◆ First week: 1 piece every 1-2 hours. Use at least 8-9 pieces to start.
- ◆ Do not use more than 24 pieces per day.
- ◆ Each week: Self assess and slowly decrease use. You may use sugar-free gum or sugar-free lozenges to replace the nicotine gum.
- ◆ Goal: Decrease use over 2-3 months.track.
- ◆ If you slip up and smoke, continue using the gum and try not to smoke.

\*\* **One piece of gum lasts 20-30 minutes**

### What are the possible side effects?

- ◆ May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea and vomiting.  
**Proper gum use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop the gum and contact your provider.

# Patient Guide: Tobacco Cessation Therapy

## NICOTINE LOZENGE 2mg, 4mg

Medication together with behavioral counseling gives you the best chance of quitting smoking

### What does this medication do?

The lozenge has nicotine to help you quit smoking by decreasing withdrawal symptoms. Nicotine lozenge use is recommended along with a tobacco cessation program in order to provide you with additional support and educational materials.

### How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date).
- ◆ Begin using the lozenge on your quit date.
- ◆ Let the lozenge **dissolve** in your mouth near your cheek and gum.
- ◆ Rotate lozenge to different parts of the mouth.\*\*
- ◆ Do not chew or swallow the lozenge.
- ◆ Do not eat or drink for 15 minutes before and during use. Doing so may prevent the lozenge from working correctly.
- ◆ Use throughout the day, this is not “as-needed” medication.
- ◆ First week: 1 lozenge every 1-2 hours. Use at least 8-9 lozenges to start.
- ◆ Do not use more than 20 lozenges per day.
- ◆ Each week: Self assess and slowly decrease use. You may use sugar-free gum or sugar-free lozenges to replace the nicotine lozenge.
- ◆ Goal: Decrease use over 2-3 months.
- ◆ If you slip up and smoke, continue using the lozenge and try not to smoke.

\*\*One lozenge lasts 20-30 minutes (one mini lozenge lasts about 10-15 minutes).

### What are the possible side effects?

- ◆ May cause indigestion, upset stomach, nausea, hiccups, headache, mouth irritation and difficulty sleeping. **Proper lozenge use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop using and contact your provider.

# Patient Guide: Combination Tobacco Cessation Therapy

## NICOTINE PATCH 21, 14, 7mg

## NICOTINE GUM 2mg

### Use Daily

### Use As Needed

#### What does this medication do?

The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms.

The gum has nicotine to help you quit smoking by decreasing withdrawal symptoms. It is used only as needed for withdrawal symptoms after you try behavioral strategies.

#### How do I use it?

- ◆ Begin using the patch on your quit date.
- ◆ **Apply only one (1) patch when you wake up and remove the old patch.**
- ◆ If you miss a dose, use it as soon as you can.
- ◆ Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest or back.
- ◆ Press patch firmly in place for 10 seconds so it will stick well to your skin.
- ◆ You can bathe, shower or swim while wearing the patch.
- ◆ You can put tape over the patch if needed.
- ◆ Avoid wearing patch on same area more than once per week.
- ◆ Do not cut patch.
- ◆ To dispose of patch, fold the old patch in half with the sticky sides together and throw it in regular trash away from children or pets.
- ◆ Remove patch before a magnetic resonance imaging (MRI) procedure.
- ◆ If you slip up and smoke, continue using the patch and try not to smoke.

- ◆ Begin using the gum on your quit date.
- ◆ **Chew and Park** the gum.
- ◆ **Chew:** Unlike regular gum, chew slowly until you have a peppery or slight tingling in your mouth.
- ◆ **Park** the gum between your cheek and gum. Leave it there for about one (1) minute to absorb until taste or tingle is gone.
- ◆ Repeat the steps of Chew and Park until the taste or tingle is gone.\*\*
- ◆ Do not eat or drink 15 minutes before and during use. Doing so may prevent the gum from working correctly.
- ◆ First week: Can use up to 6 pieces of gum per day as needed.
- ◆ Each week: Self assess and slowly decrease use.
- ◆ Can substitute with sugar-free gum or candy.
- ◆ Always carry gum with you.
- ◆ If you slip up and smoke, continue using the gum and try not to smoke.

\*\* One piece of gum lasts 20-30 minutes

#### What are the possible side effects?

- ◆ May cause minor burning, itching or redness of skin.
- ◆ If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using and remove the patch. Contact your provider right away.\*\*
- ◆ Sleep problems or vivid dreams may occur. If this occurs, you may remove the patch before going to sleep.

\*\* Some patients are allergic to adhesive material

- ◆ May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea, and vomiting. **Proper gum use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop the gum and contact your provider.

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# Patient Guide: Combination Tobacco Cessation Therapy

## NICOTINE PATCH 21, 14, 7mg

Use Daily

## NICOTINE LOZENGE 2mg

Use As Needed

### What does this medication do?

The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms.

The lozenge has nicotine to help you quit smoking by decreasing withdrawal symptoms. It is used only as needed for withdrawal symptoms after you try behavioral strategies.

### How do I use it?

- ◆ Begin using the patch on your quit date.
- ◆ **Apply only one (1) patch when you wake up and remove the old patch.**
- ◆ If you miss a dose, use it as soon as you can.
- ◆ Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest or back.
- ◆ Press patch firmly in place for 10 seconds so it will stick well to your skin.
- ◆ You can bathe, shower or swim while wearing the patch.
- ◆ You can put tape over the patch if needed.
- ◆ Avoid wearing patch on same area more than once per week.
- ◆ Do not cut patch.
- ◆ To dispose of patch, fold the old patch in half with the sticky sides together and throw it in regular trash away from children or pets.
- ◆ Remove patch before a magnetic resonance imaging (MRI) procedure.
- ◆ If you slip up and smoke, continue using the patch and try not to smoke.

- ◆ Begin using the lozenge on your quit date.
  - ◆ Let the lozenge **dissolve** in your mouth near your cheek and gum.
  - ◆ Rotate lozenge to different parts of the mouth.\*\*
  - ◆ Do not chew or swallow the lozenge.
  - ◆ Do not eat or drink for 15 minutes before and during use. Doing so may prevent the lozenge from working correctly.
  - ◆ First week: Can use up to 6 lozenges per day as needed.
  - ◆ Each week: Self assess and slowly decrease use.
  - ◆ Can substitute with sugar-free gum or candy.
  - ◆ Always carry lozenges with you.
  - ◆ If you slip up and smoke, continue using the lozenge and try not to smoke.
- \*\*One lozenge lasts 20-30 minutes (one mini-lozenge lasts 10-15 minutes).**

### What are the possible side effects?

- ◆ May cause minor burning, itching or redness of skin.
- ◆ If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using and remove the patch. Contact your provider right away.\*\*
- ◆ Sleep problems or vivid dreams may occur. If this occurs, you may remove patch before going to sleep.

**\*\* Some patients are allergic to adhesive material**

- ◆ May cause indigestion, upset stomach, nausea, hiccups, headache, mouth irritation and difficulty sleeping.
- Proper lozenge use can help you avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop use and contact your provider.

Medication together with behavioral counseling gives you the best chance of quitting smoking

# Patient Guide: Tobacco Cessation Therapy

## BUPROPION SUSTAINED RELEASE (SR) 150mg

Medication together with behavioral counseling gives you the best chance of quitting smoking

### What does this medication do?

Bupropion is a non-nicotine aid to help you quit smoking by reducing withdrawal symptoms. It can be taken alone or with a nicotine replacement product (generally with a nicotine gum or lozenge). Bupropion is recommended along with a tobacco cessation program in order to provide you with additional support and educational materials.

### How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date). The medicine needs to be started 1-2 weeks before that date.
- ◆ Take 1 tablet daily for 3 days, then increase to 1 tablet twice daily if you tolerate it.
- ◆ Take at a similar time each day, allowing approximately 8 hours in between doses. Don't take bupropion past 5pm to avoid trouble sleeping.
- ◆ This medicine may be taken for 7-12 weeks and in some cases up to 6 months. Discuss with your provider if you need to be treated longer than 12 weeks.
- ◆ This medicine may be taken with or without food.
- ◆ If you miss a dose, skip the missed dose and take the next dose at the regular time.
- ◆ If you slip up and smoke while taking the medicine, don't give up. Continue to take the medicine and try not to smoke.

### What are the possible side effects?

- ◆ It may take a few weeks to feel the full benefits of this medicine.
- ◆ Common side effects include insomnia, dry mouth and constipation. Although uncommon, side effects such as rash, itching or hives should be reported to your provider.
- ◆ This medicine may cause dizziness. Make sure you know how you react to this medicine before you drive or use heavy machinery.
- ◆ Report and seek immediate attention if you experience a seizure.
- ◆ This medicine may cause some people to be agitated or display other abnormal behaviors. It may cause some people to become depressed or have suicidal thoughts/tendencies. Stop the medication and seek immediate attention if you notice worsening depression, suicidal ideation (suicidal thoughts or behavior), or unusual changes in behavior that are not typical of nicotine withdrawal. Contact your provider immediately if this occurs.  
**Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.**



# Patient Guide: Combination Tobacco Cessation Therapy

**BUPROPION SUSTAINED RELEASE (SR) 150mg**

**NICOTINE PATCH 21mg, 14mg, 7mg**

**Use Daily**

**Use As Needed**

## What does this medication do?

Bupropion is a non-nicotine aid that helps you quit smoking by reducing withdrawal symptoms. Bupropion is recommended along with a tobacco cessation program to provide you with additional support and educational materials.

The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms.

## How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date). The medicine needs to be started 1-2 weeks before that date.
- ◆ Take 1 tablet daily for 3 days, then increase to 1 tablet twice daily.
- ◆ Take at a similar time each day, allowing approximately 8 hours in between doses. Don't take bupropion past 5pm to avoid trouble sleeping.
- ◆ This medicine may be taken for 7-12 weeks and up to 6 months. Discuss with your provider if you need to be treated longer than 12 weeks.
- ◆ This medicine may be taken with or without food.
- ◆ If you miss a dose, skip the missed dose and take the next dose at the regular time.
- ◆ If you slip up and smoke while taking the medicine, don't give up. Continue to take the medicine and try not to smoke.

- ◆ Begin using the patch on your quit date, 1-2 weeks after starting bupropion.
- ◆ **Apply only one (1) patch when you wake up and remove the old patch.**
- ◆ If you miss a dose, use it as soon as you can.
- ◆ Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest or back.
- ◆ Press patch firmly in place for 10 seconds so it will stick well to your skin.
- ◆ You can bathe, shower or swim while wearing the patch
- ◆ You can put tape over the patch if needed.
- ◆ Avoid wearing patch on same area more than once per week.
- ◆ Do not cut patch.
- ◆ To dispose of patch, fold the old patch in half with the sticky sides together and throw it in regular trash away from children or pets.
- ◆ Remove patch before a magnetic resonance imaging (MRI) procedure.
- ◆ If you slip up and smoke, continue using the patch and try not to smoke.

## What are the possible side effects?

- ◆ It may take a few weeks to feel the full benefits of this medicine.
- ◆ Common side effects: insomnia, dry mouth and constipation. Although uncommon, side effects such as rash, itching or hives should be reported to your provider.
- ◆ This medicine may cause dizziness. Make sure you know how you react to this medicine before you drive or use heavy machinery.
- ◆ Report and seek immediate attention if you experience a seizure.
- ◆ This medicine may cause agitation or other abnormal behaviors. It may also cause depression or suicidal thoughts/tendencies. Stop the medication and seek immediate attention if you notice worsening depression, suicidal ideation (thoughts or behavior), or unusual changes in behavior that are not typical of nicotine withdrawal. Contact your provider immediately if this occurs.

**Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.**

- ◆ May cause minor burning, itching, or redness of skin.
- ◆ If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using and remove the patch. Contact your provider right away.\*\*
- ◆ Sleep problems or vivid dreams may occur. If this occurs, you may remove patch before you go to sleep.

**\*\*Some patients are allergic to adhesive material.**

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# Patient Guide: Combination Tobacco Cessation Therapy

**BUPROPION SUSTAINED RELEASE (SR) 150mg**

**NICOTINE GUM 2mg**

**Use Daily**

**Use As Needed**

## What does this medication do?

Bupropion is a non-nicotine aid that helps you quit smoking by reducing withdrawal symptoms. Bupropion is recommended along with a tobacco cessation program to provide you with additional support and educational materials.

The gum has nicotine to help you with breakthrough cravings. It is used only as needed for withdrawal symptoms after you try behavioral strategies.

## How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date). The medicine needs to be started 1-2 weeks before that date.
- ◆ Take 1 tablet daily for 3 days, then increase to 1 tablet twice daily.
- ◆ Take at a similar time each day, allowing approximately 8 hours in between doses. Don't take bupropion past 5pm to avoid trouble sleeping.
- ◆ This medicine may be taken for 7-12 weeks and up to 6 months. Discuss with your provider if you need to be treated longer than 12 weeks.
- ◆ This medicine may be taken with or without food.
- ◆ If you miss a dose, skip the missed dose and take the next dose at the regular time.
- ◆ If you slip up and smoke while taking the medicine, don't give up. Continue to take the medicine and try not to smoke.

- ◆ Begin using the gum on your quit date, 1-2 weeks after starting bupropion.
- ◆ **Chew and Park** the gum.
- ◆ **Chew:** Unlike regular gum, chew slowly until you have a peppery or a slight tingling in your mouth.
- ◆ **Park** the gum between your cheek and gum. Leave it there for about one (1) minute to absorb until taste or tingle is gone.
- ◆ Repeat the steps of **Chew and Park** until the taste or tingle is gone.\*\*
- ◆ Do not eat or drink 15 minutes before and during use. Doing so may prevent the gum from working correctly.
- ◆ First week: Use for breakthrough cravings. Do not exceed 24 pieces per day.
- ◆ Each week after: Self-assess and slowly decrease use.
- ◆ Can substitute with sugar-free gum or candy.
- ◆ Always carry gum with you.
- ◆ If you slip up and smoke, continue using the gum and try not to smoke.

\*\* One piece of gum lasts 20-30 minutes

## What are the possible side effects?

- ◆ It may take a few weeks to feel the full benefits of this medicine.
  - ◆ Common side effects: insomnia, dry mouth and constipation. Although uncommon, side effects such as rash, itching or hives should be reported to your provider.
  - ◆ This medicine may cause dizziness. Make sure you know how you react to this medicine before you drive or use heavy machinery.
  - ◆ Report and seek immediate attention if you experience a seizure.
  - ◆ This medicine may cause agitation or other abnormal behaviors. It may also cause depression or suicidal thoughts/tendencies. Stop the medication and seek immediate attention if you notice worsening depression, suicidal ideation (thoughts or behavior), or unusual changes in behavior that are not typical of nicotine withdrawal. Contact your provider immediately if this occurs.
- Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.**

- ◆ May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea and vomiting.
- Proper gum use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop the gum and contact your provider.

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# Patient Guide: Combination Tobacco Cessation Therapy

**BUPROPION SUSTAINED RELEASE (SR) 150mg**

**NICOTINE LOZENGE 2mg**

**Use Daily**

**Use As Needed**

## What does this medication do?

Bupropion is a non-nicotine aid that helps you quit smoking by reducing withdrawal symptoms. Bupropion is recommended along with a tobacco cessation program to provide you with additional support and educational materials.

The lozenge has nicotine to help you with breakthrough cravings. It is used only as needed for withdrawal symptoms after you try behavioral strategies.

## How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date). The medicine needs to be started 1-2 weeks before that date.
- ◆ Take 1 tablet daily for 3 days, then increase to 1 tablet twice daily.
- ◆ Take at a similar time each day, allowing approximately 8 hours in between doses. Don't take bupropion past 5pm to avoid trouble sleeping.
- ◆ This medicine may be taken for 7-12 weeks and up to 6 months. Discuss with your provider if you need to be treated longer than 12 weeks.
- ◆ This medicine may be taken with or without food.
- ◆ If you miss a dose, skip the missed dose and take the next dose at the regular time.
- ◆ If you slip up and smoke while taking the medicine, don't give up. Continue to take the medicine and try not to smoke.

- ◆ Begin using the lozenge on your quit date, 1-2 weeks after starting bupropion.
- ◆ Let the lozenge **dissolve** in the mouth near your cheek and gum.
- ◆ Rotate lozenge to different parts of the mouth.\*\*
- ◆ Do not chew or swallow the lozenge.
- ◆ Do not eat or drink for 15 minutes before and during use. Doing so may prevent the lozenge from working correctly.
- ◆ First Week: Use for breakthrough cravings. Do not exceed 20 per day.
- ◆ Each week: Self assess and slowly decrease lozenge use.
- ◆ Can substitute with sugar-free gum or candy.
- ◆ Always carry lozenges with you.
- ◆ If you slip up and smoke, continue using the lozenges and try not to smoke.

**\*\*One lozenge lasts 20–30 minutes (one mini-lozenge lasts 10-15 minutes)**

## What are the possible side effects?

- ◆ It may take a few weeks to feel the full benefits of this medicine.
- ◆ Common side effects: insomnia, dry mouth and constipation. Although uncommon, side effects such as rash, itching or hives should be reported to your provider.
- ◆ This medicine may cause dizziness. Make sure you know how you react to this medicine before you drive or use heavy machinery.
- ◆ Report and seek immediate attention if you experience a seizure.
- ◆ This medicine may cause agitation or other abnormal behaviors. It may also cause depression or suicidal thoughts/tendencies. Stop the medication and seek immediate attention if you notice worsening depression, suicidal ideation (thoughts or behavior), or unusual changes in behavior that are not typical of nicotine withdrawal. Contact your provider immediately if this occurs.

**Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.**

- ◆ May cause indigestion, upset stomach, nausea, hiccups, headache, mouth irritation and difficulty sleeping.  
**Proper lozenge use can help to avoid these side effects.**
- ◆ If you have any intolerable side effects, please stop use and contact your provider.

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# Patient Guide: Tobacco Cessation Therapy

## VARENICLINE








Medication together with behavioral counseling gives you the best chance of quitting smoking

### What does this medication do?

Varenicline (CHANTIX®) is used to help you quit smoking by blocking the pleasant effects of smoking on the brain and reducing withdrawal. It is recommended you participate in behavioral counseling when using this medication so as to increase your likelihood of staying smoke free.

### How do I use it?

- ◆ Set a date on which you intend to stop smoking. The medicine needs to be started at least one week before your quit date. You may start the medication and then stop smoking within 1-2 weeks.
- ◆ The medication is typically used for 12-24 weeks if you are able to quit within the first few weeks of starting the medication. Even if you have already stopped smoking after 12 weeks of medication, your prescriber may keep you on this medication for up to another 12 weeks in order to prevent a return to smoking. You will also need monthly monitoring by your provider. Discuss with your provider.
- ◆ If you miss a dose, take it as soon as you can. If it is almost time for the next dose, wait until then to use the medicine and skip the missed dose, do not double up.
- ◆ If you slip up and smoke while taking the medicine, don't give up. Continue to take the medicine and try not to smoke. Call your provider, a quit-smoking helpline or attend a tobacco cessation group to help you get back on track.

	Day 1-3	Day 4-7	Day 8-14 Quit Day*	After Day 14*
9 AM	 0.5 mg pill	 0.5 mg pill	 1 mg pill	 1 mg pill
5 PM		 0.5 mg pill	 1 mg pill	 1 mg pill

\*Set your quit date between day 8 and day 14. Continue taking varenicline for 12 weeks as advised by your provider.

### What are the possible side effects?

- ◆ Common side effects include nausea, vomiting, constipation, headache, strange dreams and trouble sleeping.
- ◆ Nausea and vomiting may be relieved by taking the medicine with food and a full glass of water.
- ◆ It may take a few weeks to feel the full benefits of this medicine.
- ◆ This medicine may cause drowsiness, dizziness or problems with concentration. Make sure you know how you react to this medicine before you drive or use heavy machinery because of potential for loss of consciousness, seizures, muscle spasms, visual disturbances or hallucinations.
- ◆ If you experience serious types of allergic reactions - itching, rash, hive-like swelling, trouble breathing, or chest tightness - stop taking the medicine right away and contact your provider.
- ◆ This medicine may cause some people to become agitated, irritable, or display other abnormal behaviors. It may also cause some to become depressed or have suicidal thoughts/tendencies. Inform your family members or caregivers about the potential side effects of the medicine so that they can help monitor changes in your behavior. If you or your family member/caregiver notice any changes, during or even after treatment has ended, stop varenicline if it is still being taken and seek immediate attention.  
**Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.**
- ◆ If you have any heart conditions, discuss with your provider to make sure it is safe for you.