

UKANQUIT RECOMMENDS

CHANTIX (varenicline)

Cessation Medication Dosing Information

Varenicline (Chantix)

- A recent study found that Chantix was more effective than Zyban or the nicotine patch alone for helping people to quit.
- December 2016, The FDA [removed the Chantix drug “black box” warning](#) for serious mental health side effects.

EAGLES Trial

- The FDA required the manufacturers of Chantix and Zyban (bupropion) to evaluate the mental health safety of these drugs for smoking cessation.
- The study involved 8,144 patients, including 4,074 people with a history of psychiatric diagnoses, who were clinically stable (had not had an exacerbation in the past 6 months) and who didn’t have a current alcohol or drug use disorder.
- The EAGLES trial determined
 1. The risk of serious side effects on mood, behavior, or thinking with the stop-smoking medicines Chantix is lower than previously suspected.
 2. The risk of some mental health side effects is still present, especially in those currently being treated for mental illnesses such as depression, anxiety disorders, or schizophrenia, or who have been treated for mental illnesses in the past. However, most people who had these side effects did not have serious consequences such as hospitalization.
 3. The FDA determined that the benefits of stopping smoking outweigh the risks of taking these medicines and removed the black box warning

Dosing Recommendations

- TAKE WITH FOOD
- 0.5 mg once daily X 3 days, then
- 0.5 mg twice daily X 4 days, then
- 1.0 mg twice daily X 11 weeks
- If not smoking at the end of twelve weeks, may continue at 1.0 mg twice daily for an additional 12 weeks.
- May stop abruptly. No need to taper.

3 PROVEN WAYS TO QUIT

1. FIXED QUIT APPROACH

- Start medication one week PRIOR to quit date
- STOP SMOKING on day 7 (your quit date)
- Continue at 1.0 mg for 11 weeks

2. FLEXIBLE QUIT APPROACH

- Pick a quit date between 8 and 35 days from the day you start Chantix
- STOP SMOKING between day 8 and day 35
- Continue at 1.0 mg for 11 weeks

3. GRADUAL QUIT APPROACH

- Gradually cut down your smoking with the goal of quitting at the end of week 12
- STOP SMOKING week 12
- Continue at 1.0 mg twice daily for a total of 24 weeks