

The 2019 snapshot of approved quit smoking products

This snapshot can help you to better understand quit smoking products and to decide which products are right for you. If you have cravings while using the patch, lozenge, gum, inhalator or spray – use more (not less) or add a second product. If you feel a product isn't working for you, get advice from a health professional or contact Quitline on 13 7848.

Product	What it does	How to use*	What it costs**
 <p>Nicotine patch</p>	<p>The patch slowly and constantly releases nicotine into the body, without the smoke and chemicals found in cigarettes.</p> <p>Patches can be used in combination with the gum, lozenge, inhalator or spray. This is known as 'combination therapy' and is more effective than using the patch alone.</p>	<p>The patch is applied daily to dry, hairless skin such as the upper back, chest, arms or tops of feet.</p> <p>One patch is applied per 24-hour period, unless directed otherwise (heavier smokers may require more than one patch).</p>	<p>If you see a GP and get a Pharmaceutical Benefits Scheme (PBS) script, patches, lozenges and gum are much cheaper. You can access 12 weeks of treatment each year costing \$40.30 for every 4 weeks or, with concession, \$6.50 for every 4 weeks.</p> <p>Aboriginal and/or Torres Strait Islander People can get 12 weeks of treatment twice a year under the Closing the Gap (CTG) scheme at a cost of \$6.50 for every 4 weeks. With concession, the treatment is free or a small fee may apply.</p>
 <p>Nicotine lozenge</p>	<p>Gum and lozenges can be used in combination with the nicotine patch.</p> <p>These products work faster than the nicotine patch, so can help to overcome cravings.</p>	<p>A nicotine lozenge is parked and dissolved in the mouth every one to two hours and nicotine is absorbed through the lining of the mouth.</p>	<p>Under the PBS and CTG scheme, you can only access one product at a time. However, you can buy patches, lozenges and gum in supermarkets or pharmacies. The cost varies from shop to shop:</p>
 <p>Nicotine gum</p>	<p>They work by replacing some of the nicotine normally inhaled from cigarettes, but without the smoke and other chemicals.</p>	<p>Nicotine gum is chewed and parked (between the cheek and gum) every one to two hours, allowing nicotine to be absorbed through the lining of the mouth.</p>	<p>Patches - a pack of 28 could cost between \$59 - \$61.</p> <p>Lozenges - a pack of 20 could cost between \$9 - \$13 or a pack of 72 could cost between \$20 – \$22.</p> <p>Gum - a pack of 30 could cost between \$13 – \$16 or a pack of 100 could cost between \$17 – \$33.</p>

Did you know? Quitline has programs that provide quit smoking products free of charge to eligible people. Call Quitline or talk to your health provider to see if you are eligible.

Product	What it does	How to use*	What it costs**
<p>Nicotine inhalator</p> 	<p>The inhalator can be used in combination with the nicotine patch. It works faster than the nicotine patch, so can help to overcome cravings.</p> <p>The product works by replacing some of the nicotine normally inhaled from cigarettes, but without the smoke and other chemicals.</p>	<p>Nicotine inhalators are used by breathing through a mouth piece. The nicotine is absorbed through the lining of the mouth (not via the lungs).</p> <p>Users can take shallow puffs every two seconds for 20 minutes each hour OR four deep puffs per minute for 20 minutes each hour.</p>	<p>The nicotine inhalator is not available on the PBS. You can buy it from supermarkets and pharmacies.</p> <p>Generally, 3-6 cartridges are needed per day.</p> <p>4 cartridges could cost between \$9 – \$10. 20 cartridges could cost between \$24 – \$40.</p>
<p>Nicotine spray</p> 	<p>The spray can be used in combination with the nicotine patch. It is ideal for overcoming sudden cravings as it is the quickest method of nicotine delivery compared to other approved NRT products.</p> <p>The product works by replacing some of the nicotine normally inhaled from cigarettes, but without the smoke and other chemicals.</p>	<p>Nicotine sprays are used by pumping a mist onto the inside of the cheek or under the tongue.</p> <p>Users may need up to four sprays per hour (maximum of 64 sprays per day).</p>	<p>The nicotine spray is not available on the PBS. You can buy it from supermarkets and pharmacies.</p> <p>150 sprays could cost between \$26 – \$40. 300 sprays could cost between \$43 – \$62. 450 sprays could cost \$53.</p>
<p>Zyban® Prexaton® (Bupropion)</p> 	<p>Zyban® and Prexaton® tablets do not contain nicotine. A person should start taking the tablets about two weeks before stopping smoking. The tablets increase chemicals in the brain. This helps to reduce cravings and withdrawal symptoms.</p>	<p>The usual dose is one tablet for the first three days, then two tablets per day for the rest of the treatment (approximately 9 weeks).</p>	<p>These medications are only available with a script from your GP. Treatment is available at low cost on the PBS once a year at a cost of \$40.30 per script or, with concession, \$6.50 per script (2-3 scripts are required).</p> <p>For Aboriginal and/or Torres Strait Islander people under the CTG scheme the cost is \$6.50 per script (2-3 scripts required). With concession the treatment is free or a small fee may apply.</p>
<p>Champix® (Varenicline)</p> 	<p>Champix® is a tablet that doesn't contain nicotine. It blocks nicotine receptors in the brain and causes dopamine release. As a result, you will have less cravings and withdrawals and you will not feel the same rewarding effects when you smoke.</p>	<p>There are multiple ways of stopping smoking when taking Champix® – talk to your GP. Generally, one tablet is taken once a day to begin and then twice a day for the rest of the treatment (12 – 24 weeks).</p>	<p>A private script will cost around \$222 for the full course of Zyban® / Prexaton® and \$178 for the full course of Champix®. Visit your GP to see if medication is a good option for you.</p>



* For full instructions on product use, read the Patient Information Brochure or speak to a health professional. The advice for pregnant or breastfeeding women will be different to that contained in this information sheet.

** For PBS and CTG items, you will need to agree to receive support from a program, such as Quitline. Sale prices are not listed – it is recommended to shop around.