

What you should know about . . .

Chantix—Varenicline

- **Chantix is a non-nicotine pill that you take for 12 weeks that has helped millions of people quit smoking.**
- **It always needs a prescription from your doctor. It is not automatically covered by MediCal.**
- **Chantix partially stimulates the brain like nicotine and it also has a blocking effect so cigarettes do not feel the same while you are taking the medication.**
- **In rare cases people taking Chantix may have serious suicidal thoughts and erratic behavior. Be sure to discuss this with your doctor.**

Be prepared !!!

- Get Chantix while getting ready to quit.—before your quit day.
- Start taking Chantix the week before you quit so you have some help even before you quit.
- Chantix comes in 30 day supply. Get more before you run out.
- Chantix will lower cravings and withdrawal symptoms. It will help you feel better while you learn other things to do instead of smoking.

How do I use Chantix???

Before taking Chantix read all of the instructions carefully. If you have any questions, talk to your health care provider.

- The usual dose is one pill a day for 3 days then one pill twice a day for 4 days before your quit day. On quit day start taking a stronger Chantix pill twice a day for as long as your doctor recommends, usually 12 weeks. If you have stopped smoking, the pills may be continued for 12 more weeks to increase the chance that you will stay quit.
- Chantix can cause nausea. To help decrease nausea, take your first dose with breakfast or some food in the morning and drink 2 glasses of water with the pill. Take your second dose with dinner or some food in the evening and drink 2 glasses of water.
- Chantix works by releasing dopamine, the pleasure chemical in your brain to help with signs of withdrawal, like crankiness and trouble concentrating. Chantix also blocks cigarettes from having the effect you are used to so your wish to smoke will most likely decrease.
- Start a week before quit day or as directed by your doctor.
- Try to link taking the pills to something you automatically do - like brushing your teeth - to help you remember. *If you miss a pill wait until the next dose—Do not double up without doctor's advice.*

Side effects you might have: nausea, headache, vomiting, gas, trouble sleeping, vivid dreams, changes in how food tastes. Most of these side effects get better as your body adjusts to the medication and withdrawal of nicotine.

Take good care of yourself!
deep breathing
breaks music
asking for help and support

(Flip the page!!!)

Don't stop using Chantix before the recommended time.

- Even if you feel better in a couple of days, continue to use Chantix. It will keep you comfortable and lower cravings while you learn other things to do instead of smoking. It is important to use Chantix for the full 12 weeks as recommended.
- Smoking cigarettes while using Chantix may prevent you from quitting smoking. If you continue to smoke or have urges to smoke while using Chantix, work with your doctor, or cessation counselor to find other tips to let go of triggers. If you can't reach them, try calling the California Smoker's Helpline at:
1-800-NO-BUTTS.

Do, do, do...

- Work with a group or a counselor or the 1-800-NO-BUTTS helpline to double your chance of success by changing patterns and making lifestyle changes!
- Talk to someone who can support you, if you have a slip and pick up a cigarette. Try not to feel bad. This is a hard process. Try to stop smoking immediately.
- Call you doctor if you are having any problems using Chantix.

Most importantly . . .

Take good care of yourself!
deep breathing
music
asking for
help and support

Call 1-800-NO-BUTTS for FREE help and support



Do NOT take Chantix if you:

- are pregnant or
- planning to get pregnant soon or
- breast feeding.

People with kidney problems or on dialysis may need a lower dose and should talk to their doctor.

Warning !!!

Be sure to tell your doctor about any mental health condition that you have had before taking Chantix. Chantix may be linked to mental health problems like mood changes, erratic behavior and suicidal thoughts in some users. Chantix may also interfere with the ability to drive and manage machinery. If you are taking Chantix and have any of these problems you should stop right away and contact your doctor or other health professional right away.

If you are having any of these symptoms, stop using Chantix and talk to your health care provider .

