

Varenicline (Chantix)

A prescription drug that acts on the nicotine receptors and helps withdrawal symptoms. It also blocks the pleasure from smoking so that if you have a cigarette while taking the medication it won't make you sick, but it won't be as enjoyable.

Take one 0.5 mg tablet daily for three days then one 0.5 mg tablet twice a day for four days, then one 1.0 mg tablet twice a day. **Stop smoking after you are on the pill for a week.**

If you are successful at staying off tobacco for three months your doctor may recommend another three month course.

Some people have nausea or insomnia and need a lower dose temporarily – let your doctor know if your mild nausea or trouble sleeping does not go away after a few days. **Take the pill with food.**