MyLife MyPlan

Tobacco cessation medications

Counseling and medications together may give you the best chance of quitting tobacco.

There are seven medicines approved by the Food and Drug Administration (FDA) to help you quit.

Nicotine replacement therapy

Nicotine replacement products come in different forms, such as a patch, gum, and lozenge. They release a pure and measured form of nicotine into your blood-stream, decreasing your cravings and reducing your withdrawal symptoms.

Prescription options

Prescription medications that you take through a pill include Chantix and Zyban. You start these before you quit tobacco. These drugs do not contain nicotine, but work in different ways to reduce your urges and cravings.

Talk to your healthcare provider about the medication options that may be best for you. It is important to work with your healthcare provider to make sure you are using your medications accurately and safely.

For more information, visit: sentarahealthplans.com/quitsmoking

You can also scan this code with your smartphone camera or **QR code** reader app.

Sources:
Centers for Disease Control and Prevention, 2024, **cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm**

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