

# Chantix

**WARNING:** Some patients have experienced changes in behavior, agitation, depressed mood, and suicidal thoughts or actions while using Chantix. If either you, your family, or your provider notice agitation, depressed mood, or changes in behavior that are not typical for you, or if you develop suicidal thoughts or actions, stop taking Chantix and call your doctor immediately. Before taking Chantix, notify your provider if you have ever had depression or other mental health problems.

## What is it?

Chantix is a medication that is used to aid in smoking cessation.

## Inform your provider if:

- You have ever had depression or other mental health problems.
- You have kidney problems or are receiving kidney dialysis.
- You have any allergies.
- You are pregnant or planning to become pregnant.
- You are breastfeeding.
- You are taking insulin, asthma medications, or blood thinners.

## Use:

- Take only as prescribed
- Choose a quit date to stop smoking
- Start taking Chantix 1 week (7 days) before your quit date. You can keep smoking during this time.
- Take Chantix with a full 8-ounce glass of water.
- Most people will take Chantix for about 12 weeks. Some people need to take Chantix for up to 24 weeks to completely stop smoking.
- Typical dosing instructions:
  - Day 1-3: 0.5 mg each day
  - Day 4-7: 0.5 mg in the morning; 0.5 mg at night
  - Day 8 through the end of treatment: 1mg in the morning and 1mg at night
- If you miss a dose, take it as soon as possible. Do not take two doses at the same time.

## Side effects:

- Nausea
- Strange dreams
- Sleep problems
- Constipation
- Gas
- Vomiting

***Call your provider immediately*** if you, your family, or your provider notice agitation, depressed mood, or changes in behavior that are not typical for you, or if you develop suicidal thoughts or actions.

## Things to remember with any medication:

- Keep medications away from children
- Store medications in a cool, dark, dry environment
- Throw away outdated medications
- Take medicine as prescribed