

What Is Chantix®?

Chantix® (varenicline) is a prescription drug and quit smoking aid. It does not have nicotine.

- It cuts cravings by tricking the body to feel like it is getting nicotine.
- It blocks the pleasure of smoking.
- Medi-Cal often covers the full cost. Most other health plans cover at least some of the cost.
- Coupons may be found on Chantix.com.



How to Get Started

Talk with your doctor before using Chantix®, especially if any of these apply to you:

- History of mental health conditions. Symptoms may get worse while taking Chantix®.
- Kidney problems or kidney dialysis
- History of heart or blood vessel problems
- Pregnant, breastfeeding, or plan to get pregnant
- Using other meds to quit smoking

Dose and Schedule¹

There are 3 ways to use Chantix®. Talk to your doctor about which is best for you.

1. Pick a quit date and start Chantix® 1 week before you quit. Take Chantix® for 12 weeks.
2. Start Chantix® and pick a quit date between day 8 and 35. Take Chantix® for 12 weeks.
3. Take Chantix for 12 weeks while you taper off cigarettes. Then stay on Chantix for 12 more weeks, for a total of 24 weeks.

Tips for Use

- Take Chantix® right after eating, with a full 8 oz. glass of water.
- If you quit smoking while on Chantix, still complete the full 12 or 24 weeks. This will help you stay quit.
- If you relapse, keep taking Chantix® and get back to quitting.
- Go to www.getquit.com to enroll in the GETQUIT® Plan. It offers free support for people using Chantix®.

Side Effects

- The most common side effect is nausea. Others may include:
 - » Gas
 - » Constipation
 - » Throwing up
 - » Hard time sleeping
- If side effects don't go away, your doctor may change your dose.
- Chantix® can lower your alcohol tolerance.
- Rare cases of seizures while on Chantix® have been reported.

Stop taking Chantix® and call your doctor right away if you feel more agitated or depressed, or have suicidal thoughts during or after use.

A quit aid is just a tool. Give yourself credit for all the hard work YOU do!

**Call for FREE help to quit smoking!
1-800-300-8086**

¹ Chantix® (varenicline) Tablets (2019). Official Website.

² U.S. Food and Drug Administration (2018). Safety Announcement - Chantix®