


PREVENTIVE CARE RECOMMENDATIONS ADULTS, AGES 19 AND ABOVE

TOBACCO CESSATION



Name: _____ Date: _____

Stop Smoking now using the following:

Rx

- Quit for Life® – Call 866-784-8454**
Phone counseling service (SelectHealth members only)
- 1-800-QUIT-NOW (1-800-784-8669)**
Free quit line for Medicaid, Medicare, uninsured or underinsured adults and all teens
- Nicoderm Patch**
Begin treatment at the following dose:
 21 mg/24 hours 14 mg/24 hours 7 mg/24 hours
- Zyban 150 mg, disp. 60 tablets (1 month supply)**
Begin treatment 2 weeks prior to quit date
 150 mg q am p.o. x 7 days 150 mg b.i.d. p.o. for 8-12 weeks
 Refill x 2
- Varenicline, disp. Starter Pack (1 month supply)**
Begin treatment one week prior to quit date
 0.5 mg q am (days 1-3) 0.5 mg b.i.d. p.o. (days 4-7)
 1 mg b.i.d. p.o. (day 8 - end of treatment)
 Call 1-877-CHANTIX (242-6849) to enroll in Get Quit Program
 Refill x 2

_____ M.D.
_____ DEA No.

NR1078A/9-01

**To order prescription pads,
please contact Katy Baughman
at (801) 442-3182**