

Quitting medications

Quitting medications can reduce withdrawal symptoms and cravings and have been proven to increase the chance of quitting successfully. These medications include nicotine replacement therapy (NRT) and two non-nicotine quitting medications: bupropion and varenicline.

Nicotine replacement products

Using a nicotine replacement product is much safer than using cigarettes, as they do not contain cancer-causing substances, carbon monoxide or other dangerous chemicals that are found in tobacco smoke.

The types of nicotine products are patches, gum, lozenges, inhaler and tablets (sublingual). They are sold at pharmacies and in some supermarkets without prescription. Nicotine replacement products work best for people who smoke 10 or more cigarettes per day and who want to quit.

Non-nicotine quitting medications

Two prescription-only medicines are available in Australia: bupropion and varenicline. Your doctor can advise you if these medicines are suitable for you. People are allowed one course per year on the Pharmaceutical Benefits Scheme (PBS) of both these medicines. To get the PBS subsidy you must also be receiving counselling for quitting smoking from your doctor or a support service such as the Quitline.

For more information or to talk to an advisor, call Quitline 13 78 48. Interpreter service available.