



Region of Waterloo

Quit Smoking Medications

Nicotine replacement therapy

Nicotine replacement therapy can double your chances of quitting smoking for good. You don't need a prescription since it is available over the counter. If you work, your employer's health plan may offer coverage. If you don't have coverage, you must pay for it yourself since there is no government coverage for nicotine replacement therapy.

Talk to your health-care provider about which nicotine replacement therapy might work best for you. The different kinds of nicotine replacement therapy include:

- Patch
- Gum
- Inhaler
- Lozenges
- Mouth spray

There are a few programs, listed below, that offer free nicotine replacement therapy. Contact the program directly for up to date information.

Smoking Treatment for Ontario Patients (STOP) Program:

- STOP Study for Family Health Teams and Community Health Centres: If you are a registered patient of a Family Health Team or a Community Health Centre, call to book an appointment. You can get up to 26 weeks of any kind of free nicotine replacement therapy and counselling.
- Region of Waterloo Public Health has partnered with The Centre for Addiction and Mental Health to provide STOP on the Road workshops (<https://www.nicotinedependenceclinic.com/English/stop/Pages/Participate%20in%20STOP/STOP%20on%20the%20Road.aspx>) at various times throughout the year. Eligible participants

will attend a three-hour workshop and will receive free nicotine replacement therapy patches. Interested smokers can:

- **STOP on the Road**
(<https://www.nicotinedependenceclinic.com/English/stop/Pages/Participate%20in%20STOP/STOP%20on%20the%20Road.aspx>): Eligible smokers can participate in a three-hour educational presentation and receive free nicotine replacement therapy.
- Check the **online schedule**
(<https://www.nicotinedependenceclinic.com/English/stop/Pages/Participate%20in%20STOP/STOP%20on%20the%20Road.aspx>) or call 519-575-4400 to see if you're eligible and to check when the next workshop in Waterloo Region.

If you are not eligible to participate, contact Telehealth Ontario for free smoking cessation counselling and support at 1-866-797-0000 or TTY at 1-866-797-0007 or visit **Smokers' Helpline** (https://www.smokershelpline.ca/?utm_source=waterloophu&utm_medium=website&utm_name=beaquitter).

Other medications

Talk to your health-care provider to find out if you can use medication to help you to quit smoking. Cytisine is a natural health product and does not require a prescription from a health care provider. Both Zyban™ (Bupropion) and Champix™ (Varenicline) require a prescription from one of the following health-care providers: physician, nurse practitioner, pharmacist or dentist.

Cytisine

Cytisine is an alkaloid that occurs naturally in several plants and works to help block receptors in the brain that bind with nicotine to help reduce cravings in smokers. You do not need a prescription to use Cytisine. Cravv® is the only Cytisine natural health product approved by Health Canada and can be purchased at www.zpharm.ca (<http://www.zpharm.ca>) and in select pharmacies across Canada.

Zyban™ (Bupropion)

Zyban (<https://www.gsksource.com/gskprm/htdocs/documents/ZYBAN-PI-MG.PDF>)™ is an anti-depressant prescription medication that also helps people with quitting smoking. Zyban™ helps smokers cope with cravings and withdrawal symptoms experienced when quitting smoking. For best results, Zyban™ should be used in combination with smoking cessation education and counselling. It can also be used with nicotine replacement therapy.

Champix™ (Varenicline)

Champix (<https://www.pfizer.ca/champix-varenicline-tartrate-tablets>) is a prescription medication designed to help people quit smoking. Champix™ reduces the pleasure that people get from smoking and helps smokers cope with cravings and withdrawal symptoms. For best results Champix™ should be used in combination with smoking cessation education and counselling.

Coverage for quit-smoking medications

Ontario Drug Benefit Program (ODBP) recipients

One 12-week course of either Champix™ or Zyban™ per year/per patient is covered for Ontario Drug Benefit Program recipients. People covered by this program include:

- Those 65 years of age and older
- Residents of long-term care homes
- Residents of Homes for Special Care
- People receiving professional services under the Home Care program
- Trillium Drug Program registrants
- Clients who are receiving social assistance (i.e. Ontario Works or Ontario Disability Support Program)

NOTE: Non-Ontario Drug Benefit Program smokers must pay for a Champix™ or Zyban™ prescription on their own. There is no coverage provided unless it is through an employer extended health benefit plan.

Community pharmacists

Not all community pharmacies are participating in this program. Trained community pharmacists can prescribe and give out smoking cessation prescription medications and provide smoking cessation counselling for Ontario Drug Benefit Program recipients. The program offers the enrolled patients a first consultation appointment and a number of follow-up counselling sessions over a one-year period.

For more information, visit [Pharmacy Smoking Cessation Program](http://www.health.gov.on.ca/en/pro/programs/drugs/smoking/)

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NOTE: Non-Ontario Drug Benefit Program smokers must pay for a Champix™ or Zyban™ prescription on their own. There is no coverage provided, unless it is through an employer extended health benefit plan.

Related pages

- [Tobacco \(/en/health-and-wellness/tobacco.aspx\)](/en/health-and-wellness/tobacco.aspx)
- [Young Adults and Smoking Cessation \(/en/health-and-wellness/young-adults-and-smoking-cessation.aspx\)](/en/health-and-wellness/young-adults-and-smoking-cessation.aspx)

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Cost

For means of comparison, the approximate cost of these smoking cessation products are listed below. Prices may vary.

Item	Quantity	Approximate Cost
Nicotine Replacement Therapies (NRT)		
Nicoderm Patches	7 patches	\$30
Nicorette Gum	105 pieces/box	\$35
Nicorette Inhaler	4mg cartridges, 42 cartridges/box	\$35
Nicorette Lozenges	88 pieces/box	\$35
Nicorette Spray	1mg/spray, 150 sprays per unit	\$35
Other Medications		
Cystisine	25 day course	\$66
Zyban	50 day course	\$140
Champix	4 week course	\$72