
Information from Your Patient Aligned Care Team

INSTRUCTIONS FOR USING VARENICLINE (CHANTIX)

How This Medicine Will Help You

Varenicline (Chantix) is used to help people stop smoking by reducing the urge to smoke.

Instructions for Using This Medication

1. Follow the directions on your prescription label carefully, and ask your Primary Care Provider (PCP) or pharmacist to explain any part you do not understand. Take varenicline exactly as directed.
2. Varenicline comes as a tablet to take by mouth. It is usually taken one to two times a day. Do not crush, chew, or split varenicline tablets.
3. Take varenicline after eating and with a full (8 ounces) glass of water.
4. Varenicline should be started 7 days before your smoking Quit Date (the day you stop smoking).
5. If you miss a dose of varenicline, take it as soon as you remember it. However, if it is almost time for your next dose, just wait and take your next dose at the regular time. Do not take an extra tablet to make up for the dose you forgot.
6. Do not take a larger dose; take it more often, or for a longer period than your PCP tells you.
7. Keep this medication in the container it came in, tightly closed, and out of reach of children. Store it at room temperature and away from excess cold, heat and moisture (not in the bathroom). Throw away any medication that is outdated or no longer needed. Talk to your pharmacist about the proper disposal of your medication.

Precautions

Some people have had changes in behavior, hostility, agitation, depression, suicidal thoughts or actions while taking varenicline. These symptoms can develop during treatment with varenicline or after stopping treatment with varenicline. If you, your

family member, or your caregiver notice any of these symptoms, call your healthcare provider right away. Tell your healthcare professional if you have or have ever had depression, suicidal thoughts or actions, or other mental health problems.

Before you start taking varenicline, tell your PCP if you have or had kidney problems, or get kidney dialysis. Some people can have allergic reactions to varenicline. Some of these allergic reactions can be life-threatening and include: swelling of the face, mouth, and throat that can cause trouble breathing. If you have these symptoms, stop taking varenicline and get medical attention right away.

Some people can have serious skin reactions while taking varenicline. These can include rash, swelling, redness, and peeling of the skin. Some of these reactions can become life-threatening. If you have a rash with peeling skin or blisters in your mouth, stop taking varenicline and see your PCP right away.

Before taking varenicline, tell your healthcare professional and pharmacist if you are allergic to varenicline or any other drugs. Tell your healthcare professional about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your healthcare professional if you take: insulin, asthma medicines, and/or blood thinners

Tell your healthcare professional if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking varenicline, call your PCP immediately.

You should not use varenicline while using other medicines to quit smoking. Tell your PCP if you use other treatments to quit smoking.

Use caution driving or operating machinery until you know how varenicline may affect you. Some people who use varenicline may feel sleepy, dizzy, or have trouble concentrating, that can make it hard to drive or perform other activities safely.

Side effects from varenicline are common and may include: Tell your healthcare professional about side effects that bother you or that do not go away.

- nausea
- insomnia
- changes in dreaming
- new or worse mental health problems
- headache
- constipation
- gas
- vomiting

If you experience any of the following symptoms, call your PCP immediately:

- thoughts about suicide or dying, or attempts to commit suicide
- new or worse depression, anxiety, nervousness, or panic attacks
- feeling very agitated or restless
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- abnormal thoughts or sensations
- seeing or hearing things that are not there (hallucinations)
- feeling people are against you (paranoia)
- feeling confused
- other unusual changes in behavior or mood
- swelling of the face, mouth, and throat that can cause trouble breathing
- rash with peeling skin or blisters in your mouth

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