

Champix

- Champix was launched in the UK in December 2006. It is a non nicotine treatment that has been found to be beneficial in helping the well motivated smoker to quit successfully
- One tablet (1mg) is taken twice daily following a 1 week of stepped introduction (days 1-3, 0.5mg daily; days 4-7, 0.5mg twice daily). It is taken for a total of 12 weeks
- A quit date to stop smoking is set in the 2nd week after starting Champix
- It is advisable to take Champix with or just after food
- For maximum benefit it is advisable to complete the three month course

Contra-indicators to the use of Champix

Anyone with any of the following conditions should NOT use Champix

- Known reaction to any of the ingredients
- Pregnancy/breast feeding
- Under 18

Precautions

- Severe kidney disease
- May cause some drowsiness so may affect ability to drive or operate machines
- There is no experience of using it in patients with epilepsy
- Patients with certain mental health conditions should be closely monitored when stopping smoking

Possible side effects

- Nausea (very common but usually mild)
- Sleep disturbance
- Abnormal dreams
- Headache and nausea
- Increased appetite
- Dizziness
- Dry mouth
- Constipation
- Diarrhoea
- Abdominal discomfort
- Heart burn
- Wind
- Tiredness

Notify your doctor or stop smoking adviser if you have any unusual side effects