

Champix (Varenicline) taken from www.champix.co.uk

What is Champix?

Champix is a medicine to help stop smoking. It reduces the cravings from nicotine and helps with withdrawal symptoms, including urges to smoke, feeling depressed or irritable and difficulty sleeping. Champix is a prescription only medication in the form of tablets.

How does Champix work?

Champix can help to relieve the craving and withdrawal symptoms associated with stopping smoking. Although it is recommended that you do not smoke after your 'quit date' (for the exact day that you have decided you will stop smoking, please see right), Champix can also reduce the enjoyment of cigarettes if you do smoke when on treatment.

<https://www.pfizerpro.co.uk/product/champix/smoking-cessation/how-does-champix-work>

What is the dose?

The usual dose is 1 mg CHAMPIX twice daily following a 1-week titration as follows:

Week 1: days 1-3: 0.5mg once daily

Week 1: days 4-7: 0.5mg twice daily

Week 2-12: 1mg twice daily until end of treatment

However, a doctor may recommend a different dose. For example, adverse effects may mean it cannot be tolerated, or problems with kidneys, a lower dose may be recommended.

Can Champix be used in pregnancy?

No, you should not take CHAMPIX if pregnant or breastfeeding,

Should I stop smoking as soon as I start taking CHAMPIX?

No. Before or soon after starting CHAMPIX a quit date should be planned in the second week of treatment (between day 8 and day 14) to stop smoking.

Are there any side-effects?

Quitting smoking may result in nicotine withdrawal syndrome, which produces a range of effects, including depressed mood. These effects may last from a few days to more than 10 weeks. The most common adverse effects of Champix are:

Nausea	32%
Insomnia	19%
Headache	18%
Abnormal dreams	14%
Nasopharyngitis	11%