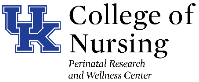
A picture containing text, sign, plate, dishware

Description automatically generated

Print, fold along dotted line, and laminate.

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Scan for additional Rx info

|  |  |
| --- | --- |
| ICD-10 | Type of Counseling |
| F17.21 | Nicotine dependence, cigarettes |
| F17.29 | Nicotine dependence, other |

|  |  |
| --- | --- |
| HCPCS/CPT Codes | Type of Counseling |
| 99406 | Intermediate, >3 but <10 min |
| 99407 | Intensive, <10 min |

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**5 A’s of Tobacco Treatment**

**ASK:** Type, amount, frequency, quit attempts, 2ndhand smoke exposure

**ADVISE:** “*Quitting smoking is the most important thing you can do for yourself and your baby.*”

**ASSESS:** Motivational interviewing,readiness rulers, Stage of Change

**ASSIST:**

|  |  |
| --- | --- |
| Not ready to quit (5Rs) | Ready to quit |
| * Relevance * Risks * Rewards * Roadblocks * Repetition | * Develop a Quit Plan (STAR) * Provide practical counseling * *Brainstorm coping strategies* * *Discuss myths and truths* * *Plan for withdrawal* * *Discuss pharmacotherapy* * *Discuss reduction* * Provide supplementary resources |

**ARRANGE:** Follow-up at every appointment

\*Can bill for 4 sessions per quit attempt per year; max 2 quit attempts

|  |  |  |  |
| --- | --- | --- | --- |
| Medication | Pros | Cons | Side Effects |
| Nicotine Patch  7, 14, 21 mg  for 8-10 weeks | Constant level of nicotine  Applied QD  Few side effects  Can combine with other meds | Slower onset  Does not give “hit” | Mild skin irritation  Difficulty sleeping |
| Nicotine Gum  2, 4, mg  for 10-12 weeks | Convenient and flexible dosing  Faster delivery of nicotine than patch  Can combine with patch | Need to use frequently  Must “chew and park” | Mouth soreness  Stomach ache |
| Nicotine Lozenge  2, 4, mg  for 10-12 weeks | Convenient and flexible dosing  Faster delivery of nicotine than patch; 25% higher than gum  Can combine with patch | Need to use frequently  Must allow lozenge to dissolve | Throat discomfort  Hiccups, cough, heartburn |
| Nicotine Nasal Spray  (Nicotrol®)  up to 6 months Rx | Flexible dosing  Fastest delivery of nicotine of NRT products | Need to use frequently | Nose/throat irritation  Sneezing/coughing |
| Nicotine Inhaler  (Nicotrol® Inhaler)  up to 6 months Rx | Flexible dosing  Mimics hand-mouth behavior | Frequent and continuous puffing required at each session | Mouth and throat irritation |
| Bupropion  (Zyban®)  up to 12 months Rx | Convenient, few side effects  Can be used in combo with NRT  Begin 1-2 weeks before quit date | Contraindicated with certain meds and conditions | Insomnia  Dry mouth |
| Varenicline  (Chantix®)  up to 24 weeks Rx | Convenient, no drug interactions  Can be used with buproprion or NRT  Begin 1 week before quit date | Not recommended in pregnancy or when breastfeeding | Nausea  Abnormal/vivid dreams |

**Pharmacotherapy for Tobacco Cessation**

**S**et a quit date.

**T**ell everyone.

**A**nticipate triggers.

**R**emove tobacco.

**Perinatal Tobacco Treatment**

**Quit Kit Pocket Card**