

Client information

Varenicline (Champix)

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Varenicline is a tablet that has been especially designed to help people stop smoking.

It works by reducing the urge to smoke and helping to relieve withdrawal symptoms associated with stopping smoking.

It is a prescription-only medicine, therefore you will need to seek advice from your doctor who will assess your suitability.

Treatment starts one to two weeks before your target stop date, so you should stop smoking between day eight and 14 of your treatment.

In the first eight days of treatment, your dosage will increase gradually. Varenicline is usually prescribed in the following way:

Day	Dose
1-3	0.5mg daily
4-7	0.5mg twice daily
8 until the end of treatment (total 12 weeks)	1mg twice daily

If you have kidney problems or experience side effects your doctor may advise you to reduce your dose.

You will not be able to use Varenicline if you are:

- under 18
- pregnant
- currently breastfeeding
- have severe kidney problems
- are allergic to any Varenicline ingredients

Your doctor will need to weigh up the pros and cons of using Varenicline if you have certain medical conditions.

To date there are no known reports of drug interactions with Varenicline, but stopping smoking can affect certain drugs. Please refer to the patient information leaflet.

Please inform your GP or stop smoking advisor if you experience any side effects.

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Varenicline may produce dizziness and sleepiness. You should not drive or operate complex machinery if you are affected.

For a full list of side effects please consult the patient information leaflet provided with Varenicline.

Nausea may be reduced if Varenicline is taken whole with water/food.

Sleep disturbances may be reduced if Varenicline is taken early evening instead of night time.

It is possible that three out of 100 people will experience increase in urges to smoke, irritability, depression and/or sleep problems after stopping Varenicline. In this case you may wish to reduce your dose gradually before stopping treatment.

Varenicline can make stopping smoking easier but you will still need a lot of determination and willpower.

Please read the Varenicline patient information leaflet carefully.

Common side effects include:

- nausea
- headache
- abnormal dreams
- sleep disturbance
- dry mouth
- sleepiness
- fatigue
- dizziness
- indigestion
- vomiting
- changes in taste
- constipation
- diarrhoea
- bloating
- stomach discomfort
- wind

Contact us

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