

CHAMPIX INFORMATION



*Congratulations
on taking the first
step to becoming
smoke-free!*

For patients who have been prescribed Champix (Varenicline Tartrate)

It's not an easy decision to make and giving up smoking can be challenging, but you will soon feel the benefits of not smoking. The first few weeks are often the hardest as this is the time when cravings and withdrawal symptoms are at their worst. However, these effects do lessen with time and it will get easier the longer you stay smoke-free. You have been prescribed **CHAMPIX** to help support you in your quit attempt.

What is CHAMPIX?

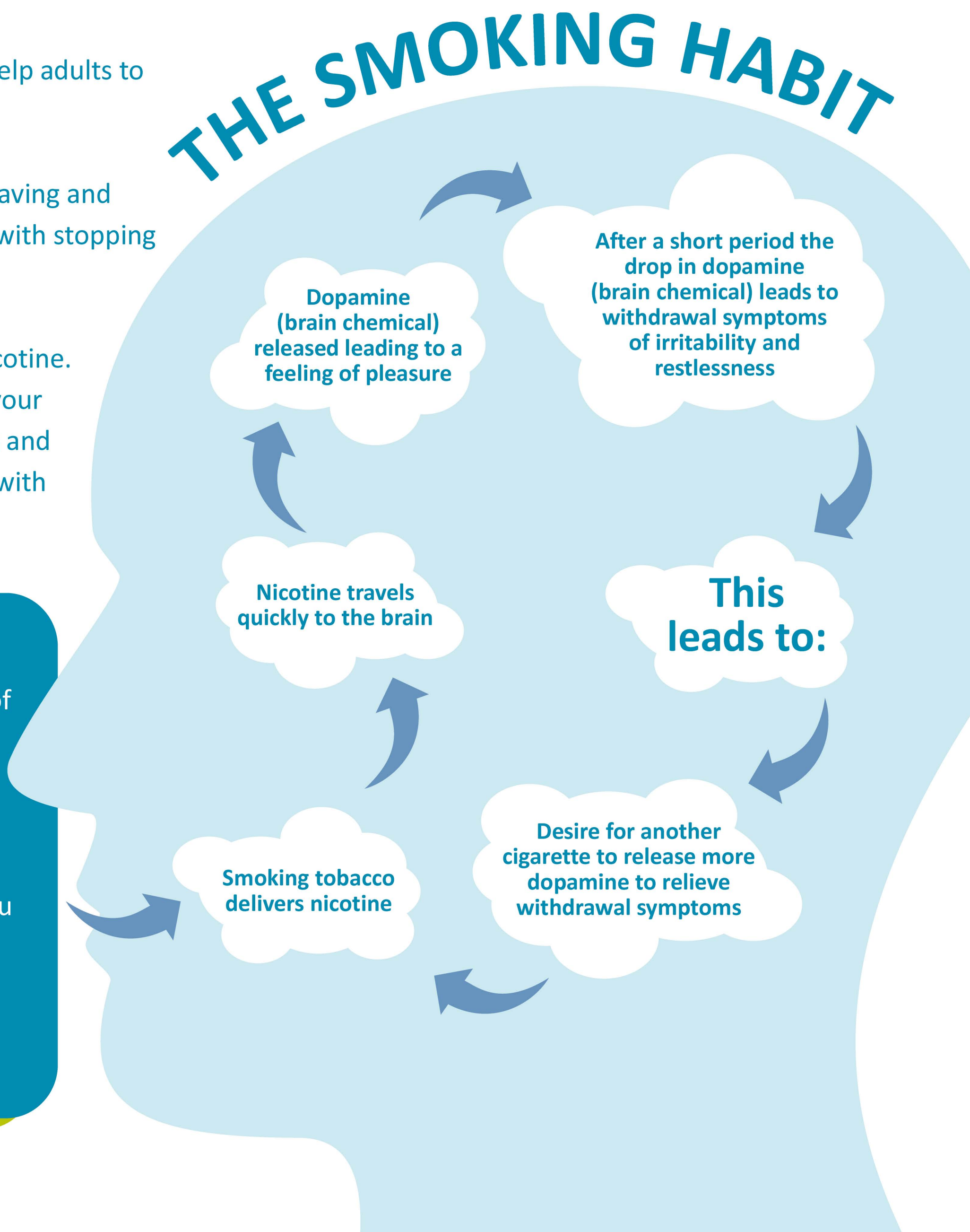
- CHAMPIX is a treatment used to help adults to stop smoking.
- Champix can help to relieve the craving and withdrawal symptoms associated with stopping smoking.
- CHAMPIX does not contain any nicotine. It blocks the action of nicotine in your brain and helps to reduce cravings and withdrawal symptoms associated with giving up smoking.

Treatment

The treatment is a 12-week course of tablets, followed by an additional 12 weeks if recommended by your prescriber.

Although it is recommended that you do not smoke after your 'quit date' CHAMPIX can also reduce the enjoyment of cigarettes if you do struggle within the first few weeks.

THE SMOKING HABIT



Starting treatment with CHAMPIX

You should start taking your CHAMPIX tablets 1-2 weeks before you quit smoking. Your first prescription will be for a 2-week starter pack. This is because you take a lower dose of CHAMPIX during the first week of treatment. The tablets you need to take each day are clearly labelled on your blister pack.

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

Weeks	Days	CHAMPIX dose
1	1 - 3	0.5mg once daily
1	4 - 7	0.5mg twice daily
2 - 12	8 until end of treatment	1mg twice daily

What side effects might I experience?

- Giving up smoking with or without treatment can cause various symptoms - these could include changes of mood (like feeling depressed, irritable, frustrated or anxious) sleeplessness, difficulty concentrating, decreased heart rate and increased appetite or weight gain.
- The most common side effect associated with CHAMPIX is nausea (30%) but usually this is mild, but can be eased by taking with food, and only causes 3% to stop treatment. Other common side effects include inflammation of the nose and throat, abnormal dreams, difficulty sleeping and headache.

If you experience any prolonged side-effects please contact your community pharmacy or GP.

During treatment with CHAMPIX

- Remember to make weekly appointments with your community pharmacy - they are there to support you with your quit attempt and can answer any questions you may have about your treatment.

If you stop smoking - after...

20 minutes

Blood pressure and pulse return to normal

8 hours

Oxygen levels in the blood return to normal

24 hours

The lungs start to clear out the build up of tar

48 hours

Taste and smell are greatly improved

72 hours

Breathing becomes easier and energy levels increase

72 hours

Circulation improves, making walking, climbing stairs and running a lot easier

2-12 weeks

Coughing, wheezing and breathing problems improve as lung function increases by up to 10%

3-9 months

Risk of heart attack is halved

Champix is proven to work

There is no increased risk of moderate to severe neuropsychiatric adverse events with Varenicline or nicotine replacement therapy (EAGLES study 2016, The Lancet)

Further Information

If you need any information about our incentives you can call us locally on:

01382 424127

**QUIT
YOUR
WAY**
with our
support

0800 84 84 84

This information **DOES NOT** replace the CHAMPIX Patient Information Leaflet. You should read the Patient Information Leaflet contained in the pack before you start taking CHAMPIX.