Quit Big. Quit for Keeps.

FREE* CESSATION MEDICATION

Varenicline - (Generic Chantix)

Your quit is more possible now than ever! When you enroll in the South Dakota QuitLine's coaching program, not only are you two times more likely to successfully quit, but you also may be eligible to receive medication for FREE* as a result.

You can get varenicline and other medications for FREE*. Varenicline is one of the most effective ways to quit your nicotine habit for good. This nicotine-free pill is a great option for any SD resident who is 17 or older and has tried to quit tobacco on their own but needs more support.

You don't have to do it alone.

Benefits Include:

- FREE with coaching through the SD QuitLine.
- Increases chances of quitting with only one medication.
- Acts directly on nicotine receptors in the brain to block cravings and reduce withdrawal symptoms.
- Tablets contain NO nicotine.

Possible Side Effects Include:

- Constipation
- Gas
- Vomiting
- Nausea
- Changes in taste
- Strange dreams or sleep patterns
- Mood or behavior changes

If you have trouble with any of these side effects, ask your health care provider about reducing your dosage.

How Can I Get It?

1. **Visit your health care provider to find out if varenicline is right for you.**
2. **Enroll in the coaching program with the South Dakota QuitLine by calling 1-866-SD-QUITS or visiting sdquitline.com.**
3. **Obtain a 12-week prescription of varenicline from your provider.**
4. **Receive medication after it is mailed to you and use according to your prescription!**

*Receiving a free prescription of varenicline or bupropion requires a prescription from a provider, which may include an office visit charge or copay, depending on insurance status. The medication itself can be offered at no charge when a patient enrolls in coaching with the South Dakota QuitLine.

Be Confident You Can Quit.

OTHER CESSATION MEDICATIONS

Bupropion - (Generic Zyban)

If you would like to try a prescription medication but aren't interested in varenicline, bupropion may be an effective option. Bupropion is a nicotine-free, antidepressant pill that a health care provider can prescribe to you, and when you enroll in the coaching program with the South Dakota QuitLine, you can receive your medication free*.

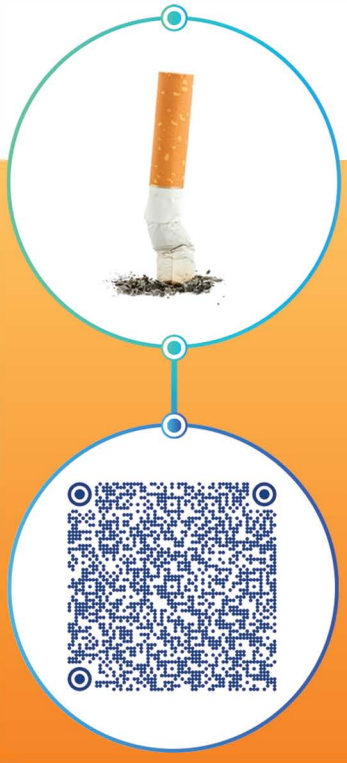
Since bupropion is an antidepressant, it reduces urges and withdrawal symptoms by acting on the chemicals in your brain that are linked to cravings. Possible side effects include:

- Dry mouth
- Skin rash
- Trouble sleeping
- Shakiness
- Anxiety
- Seizures

Over The Counter - (Nicotine Replacement Therapy (NRT))

If you're not ready for a prescription medication, NRT may be just as effective for you. Some medications are available for your use over the counter at most stores and pharmacies. Choose from gum, lozenges or patches. When you're ready for your quit day, start your NRT of choice for better chances of quitting for good.

If you want NRT at no cost, order a Kickstart Kit at sdquitline.com for as many as four weeks of medication or enroll in the coaching program by calling **1-866-SD-QUITS** for as many as 12 weeks of medication.



Learn More About the South Dakota QuitLine.

Call 1.866.SD-QUITS (1-866-737-8487), and visit sdquitline.com to enroll or learn more.

Read more about using cessation medications to quit at quittobaccosd.com

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