



## *Your guide to quitting smoking with CHAMPIX® (varenicline)*

Always read the Package leaflet in the pack before starting to use the product.

You will find more information on how to report side effects (adverse reactions) at  
[www.fimea.fi/web/en/pharmaceutical\\_safety\\_and\\_information/pharmaceutical\\_safety/reporting\\_adverse\\_reactions](http://www.fimea.fi/web/en/pharmaceutical_safety_and_information/pharmaceutical_safety/reporting_adverse_reactions).



# What to watch out for when you decide to stop smoking

## Withdrawal symptoms

With or without withdrawal treatment, quitting smoking may cause various symptoms.

Common withdrawal symptoms include difficulty sleeping (insomnia), mood swings (depression, irritability, frustration or anxiety), difficulty concentrating, decreased heart rate, and increased appetite and weight gain.

## Are there possible side effects during CHAMPIX® treatment?

Like all medications, this medication can cause side effects, although not everybody gets them. For more information, please read the Package leaflet in the CHAMPIX® pack.

Very common side effects, which may affect more than 1 in 10 people: inflammation of the nose and throat, abnormal dreams, difficulty sleeping, headache, and nausea.

CHAMPIX® may cause dizziness and sleepiness. You should not drive, operate complex machines or engage in any other potentially hazardous activities, until you know whether this medicine affects your ability to perform these activities.

## Warnings and precautions

If you are taking CHAMPIX® and develop agitation, depressed mood, changes in behaviour or suicidal thoughts, you should stop taking CHAMPIX® and contact your doctor immediately.

Heart and circulatory (cardiovascular) problems or fresh symptoms have been reported primarily in people who already have cardiovascular problems. Tell your doctor if you have any changes in your symptoms during treatment with CHAMPIX®. Seek emergency medical help right away if you have symptoms of a heart attack or stroke.

Before starting your CHAMPIX® treatment, tell your doctor if you have experienced seizures or have epilepsy. CHAMPIX® may increase the effects of alcohol.

If you have any concerns relating to side effects, do not hesitate to discuss them with your doctor. Stop taking CHAMPIX® and tell your doctor immediately if you develop symptoms of allergy or skin rash (see the Package leaflet for more detailed information).

<https://www.terveydentukena.fi/eroontupakasta> (in Finnish only) is a support programme to help you stop smoking.

**The information presented in this leaflet does not replace the Package leaflet of CHAMPIX®. Please read the Package leaflet before you start CHAMPIX® treatment.**

# Frequently asked questions about CHAMPIX®

## **"What if I forget to take a tablet?"**

Do not take a double dose to make up for a forgotten dose. It is important that you take CHAMPIX® regularly at the same time each day. If you forget to take a tablet, take it as soon as you remember. However, if the time for your next dose is approaching, skip the dose you have missed.

Remember to book your next doctor's appointment well before you run out of CHAMPIX® or collect the package of medicine prescribed by your doctor.

## **"What if I accidentally take too many tablets?"**

If you accidentally take more CHAMPIX® than your doctor prescribed, you must seek medical advice or go to the nearest hospital emergency department immediately. Take your package of CHAMPIX® tablets with you.

## **"What if I am pregnant or breast-feeding?"**

Do not take CHAMPIX® if you are pregnant. If you are planning to have a baby, discuss your plans to quit smoking with your doctor. If you want to start treatment with CHAMPIX®, it should be timed so that you can

complete the course of therapy before you become pregnant.

If you are breast-feeding, ask your doctor or pharmacist for advice before taking CHAMPIX®.

## **"Can I use CHAMPIX® while I am taking other medicines?"**

CHAMPIX® is not likely to alter the way other medicines work and other medicines are not likely to alter the way CHAMPIX® works.

However, tell your doctor or pharmacist if you are taking, or have recently taken any other medicines, including ones not prescribed by a doctor. Stopping smoking (with or without CHAMPIX®) may affect the way other medicines (such as theophylline, warfarin and

insulin) work, so an adjustment of the dose may be necessary in some cases.

In such a case, contact your doctor or pharmacist.

## **"Is it dangerous to smoke during CHAMPIX® treatment?"**

No. You are supposed to continue smoking during the use of CHAMPIX® until the quit date. The quit date can be during the second week of treatment or as late as week 5, if you decide to postpone the quit date; it can even be at week 12 if you want to stop smoking gradually. Preferably, you should not smoke after the quit date. Should you lapse into smoking during the treatment, CHAMPIX® can reduce the pleasure of smoking.

## See how the savings build up

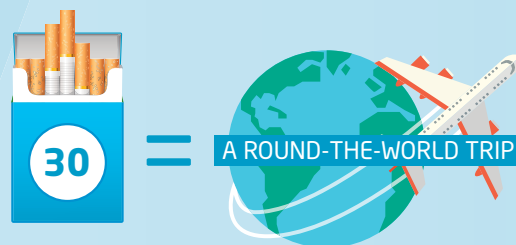
10 cigarettes / day

Save €1,278 per year



30 cigarettes / day

Save €3,833 per year



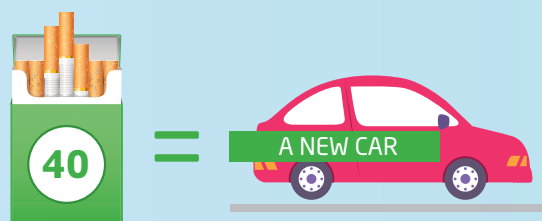
20 cigarettes / day

Save €2,555 per year



40 cigarettes / day

Save €25,550 in 5 years



# You've taken the first step on your journey towards stopping smoking

Your doctor has prescribed you CHAMPIX® to help you stop smoking. This leaflet is designed to help you make the most of your CHAMPIX® treatment. It contains information and advice to help you quit smoking; it may well become one of the greatest achievements in your life.

- CHAMPIX® is a non-nicotine medicine containing varenicline as the active substance.
- CHAMPIX® can be prescribed only for adults (18 years of age or older) who want to stop smoking.
- The CHAMPIX® course is for 12 or 24 weeks.



*CHAMPIX® can help you stop smoking, so the medical therapy prescribed to you is exactly what you need.*

## How does CHAMPIX® work?

Smokers use tobacco products on a regular basis because they are addicted to the nicotine that tobacco contains.

The unique working mechanism of CHAMPIX® prevents nicotine from attaching to your body. This reduces the pleasure and enjoyment you experience during smoking and it can help you stop smoking.

CHAMPIX® can also reduce the craving and possible withdrawal symptoms that may occur before your body gets used to being without nicotine.

Although CHAMPIX® can help you stop smoking you still need willpower. It is unlikely that you will succeed in quitting during CHAMPIX® treatment, unless you are motivated to quit smoking without nicotine.

*Your doctor or pharmacist can provide advice, support or further information to help ensure your attempt to stop smoking is successful.*



# The ways to stop smoking with CHAMPIX®

## A

### **If you must or you want to STOP STRAIGHT AWAY**

You should decide on your target "quit date". It should preferably be within 1-2 weeks from the day you start CHAMPIX® treatment.

If you are not willing or able to set a target quit date within 1-2 weeks, you can still start the treatment with CHAMPIX® and then choose your own target quit date within 5 weeks.

## B

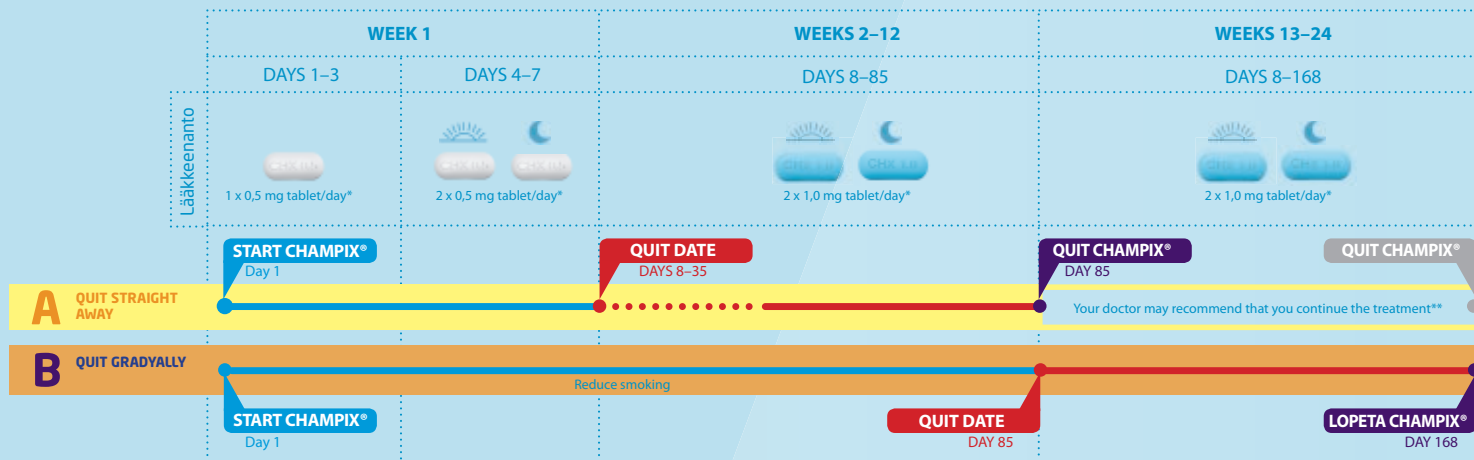
### **If you prefer to STOP GRADUALLY**

If you are not willing or able to quit straight away, you should reduce smoking during the first 12 weeks of treatment and quit by the end of that course of therapy.

Then continue to take CHAMPIX® for a further 12 weeks resulting in a total of 24 weeks of treatment.

# How to take CHAMPIX®?

Your doctor will probably recommend one of the following timetable options based on the method you choose to quit smoking:



\* The tablets illustrated here are not actual size.

\*\* For patients who have successfully stopped smoking by the end of week 12, an additional 12 weeks of CHAMPIX® treatment (1 mg twice a day) may be advised to help avoid a return to smoking.

# Health benefits when off smoking and off nicotine



## 20 minutes after quitting

Your pulse returns to normal and blood pressure drops.



## 12 hours after quitting

Carbon monoxide drops to the normal level.



## 48 hours after quitting

There is no nicotine left in your body!



## 72 hours after quitting

Your breathing becomes easier and your energy levels increase.



## 2-12 weeks after quitting

Physical exercising is easier than before. Your circulation and your sense of taste and smell have improved.



## 3-9 months after quitting

Your lung function has increased by 5-10 %. Continuous cough and wheezing will gradually come to an end.



## 1 year after quitting

A milestone in quitting smoking! Your risk of heart attack will have fallen to about half that of a smoker.



## 5-15 years after quitting

Your risk of a stroke will be reduced and is now the same as for non-smokers.



## 10 years after quitting

Your risk of dying of lung cancer falls roughly to half that of a smoker. Your risk of getting cancer of the mouth, throat, kidney, pancreas or gullet will be reduced.



## 15 years after quitting

Your risk of heart attack is now the same as that of a life-long non-smoker.



## **Continue taking CHAMPIX® until the course of therapy is completed**

To maximize your chances of success in stopping smoking with CHAMPIX®, it is extremely important that you continue until the course of therapy is completed. It is the withdrawal symptoms that make quitting difficult, but CHAMPIX® helps relieve these symptoms and cravings. If you stop CHAMPIX® treatment too soon, they may come back. The urge to smoke has been shown to last longer than 10 weeks.

**Research has shown that completing the full course of therapy significantly improves the chances of quitting smoking for good.**

### **Your next doctor's appointment or visit to pharmacy:**

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Remember to schedule an appointment to visit your doctor before you run out of CHAMPIX® or collect your next package of CHAMPIX® from your pharmacist as prescribed.