

# Information for patients who have been prescribed CHAMPIX® (varenicline tartrate)

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.

## What is CHAMPIX?

- CHAMPIX is a treatment used to help adults to stop smoking
- The treatment is a 12-week course of tablets, followed by an additional 12 weeks if recommended by your doctor

## Is CHAMPIX a nicotine replacement therapy (NRT)?

- No, CHAMPIX is a non-nicotine medicine

## How does CHAMPIX work?

- CHAMPIX can help to relieve the craving and withdrawal symptoms associated with stopping smoking
- Although it is recommended that you do not smoke after your 'quit date' (for the exact day that you have decided you will stop smoking, please see right), CHAMPIX can also reduce the enjoyment of cigarettes if you do smoke when on treatment

## How do I take CHAMPIX?

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

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

However, your doctor may recommend a different dose. For example, if you experience adverse effects that you cannot tolerate, or if you have problems with your kidneys, you should speak to your doctor before taking CHAMPIX as you may need a lower dose.

- CHAMPIX tablets should be swallowed whole with water and can be taken with or without food

## Am I suitable for CHAMPIX?

- CHAMPIX is suitable for people who are motivated to give up smoking, but have not yet been successful. Do not take CHAMPIX if you are allergic to any of the ingredients. You should not take CHAMPIX if you are pregnant. If you are breastfeeding, you should ask your doctor or pharmacist for advice before taking CHAMPIX

## Should I stop smoking as soon as I start taking CHAMPIX?

- No. Before or soon after starting CHAMPIX you should decide on a date in the second week of treatment (between day 8 and day 14) when you will stop smoking. This is your quit date. It's important to write this date on the pack as a reminder. If you are unwilling or unable to set a quit date during the second week of your CHAMPIX treatment, you can choose an alternative quit date within 5 weeks of starting treatment. Again, you should make a note of this date on the pack as a reminder. Alternatively, you should reduce smoking during the first 12 weeks of treatment and quit by the end of that treatment period. You should then continue to take CHAMPIX 1 mg film-coated tablets twice daily for a further 12 weeks, resulting in a total of 24 weeks of treatment

## Is taking the treatment all I need to do?

- No. Although CHAMPIX makes giving up smoking easier, it is no substitute for willpower. You are more likely to give up smoking if you are motivated to give up. Your doctor and pharmacist may provide advice, support and sources of further information to help ensure your attempt to stop smoking is successful.

## What should I do if I miss a tablet?

- Do not take a double dose to make up for a forgotten tablet. It is important that you take CHAMPIX regularly at the same time each day. However, if you forget to take a dose, take it as soon as you remember. If it is within 3-4 hours before your next dose, do not take the tablet that you have missed. It is also important to keep your appointment card up to date. This will ensure that you don't run out of your medication



If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine. This educational material has been provided by Pfizer Ltd

**CHAMPIX®**  
varenicline tartrate

### Is it dangerous to smoke while taking CHAMPIX?

- No. In fact, you should continue to smoke while taking CHAMPIX right up until your quit date – whether this occurs during the second week of treatment, up to week 5, if you decided to delay your quit date or up to week 12 if you're quitting gradually. Continuing to smoke after your quit date is not dangerous, but it will mean that you are less likely to quit successfully. If you do smoke while on treatment, CHAMPIX can reduce your enjoyment of cigarettes.

### 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
- For some people, stopping smoking, with or without treatment, has been associated with an increased risk of experiencing changes in thinking and behaviour, feelings of depression and anxiety, and can be associated with a worsening of psychiatric illness. If you have a history of psychiatric illness you should discuss this with your doctor or pharmacist
- Depressed mood may appear during smoking cessation with or without treatment. Depression, rarely including suicidal thoughts and suicide attempts, has been reported in patients undergoing a smoking cessation attempt, including those using CHAMPIX. If these symptoms persist when you stop taking CHAMPIX, your doctor should continue to monitor you closely until you are feeling better
- The most common side effect associated with CHAMPIX is nausea (feeling sick). Other very common side effects include inflammation of the nose and throat, abnormal dreams, difficulty sleeping and headache
- CHAMPIX may produce dizziness and sleepiness. You should not drive, operate complex machinery or engage in any other potentially hazardous activities until you know whether this medication affects your ability to perform these activities

- New or worse heart or blood vessel (cardiovascular) problems have been reported primarily in people who already have cardiovascular problems. Tell your doctor if you have any changes in symptoms during treatment with CHAMPIX. Get emergency medical help right away if you have symptoms of a heart attack or stroke
- Tell your doctor if you have experienced seizures or have epilepsy, before you start CHAMPIX treatment. Some people have reported seizures while taking CHAMPIX
- Other side effects have been reported. For further information you should refer to the Patient Information Leaflet in the packaging
- If you are worried about any of the side effects, or they become serious, or if you notice side effects not in the Patient Information Leaflet, you should consult your doctor or pharmacist

### Can I take CHAMPIX with my other medications?

- CHAMPIX is not expected to affect the way other drugs work, although you do, in reverse, but you should tell your doctor or pharmacist if you are, or have been, taking any other medicines, including medicines that are used to treat a psychiatric illness. Stopping smoking, with or without CHAMPIX, may alter the way other medicines working through the liver work, and in some cases adjustment may be necessary if you are taking them. You should consult your doctor or pharmacist

