

# Varenicline: Simple dosing guide

**Varenicline reduces the reward of smoking and the craving to smoke.<sup>1</sup>**

Stopping smoking can be difficult. Taking varenicline is simple but it's important to know that the dose increases over a typical 12-week course.<sup>1</sup>



## Three-step increase in dose:



- Varenicline **0.5 mg** is a white oval tablet
- Varenicline **1 mg** is a light blue oval tablet
- Tablets to be swallowed whole with water - with or without food
- Ideally, tablets should be taken at the same time each day

## Dosing timetable:

When you begin taking varenicline, set a smoking stop day within week 2

	Week 1							Week 2						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	0.5 mg	0.5 mg	0.5 mg	0.5 mg	0.5 mg	0.5 mg	0.5 mg	1 mg	1 mg	1 mg	1 mg	1 mg	1 mg	1 mg
	X	X	X	0.5 mg	0.5 mg	0.5 mg	0.5 mg	1 mg	1 mg	1 mg	1 mg	1 mg	1 mg	1 mg

Patient repeats for weeks 3-12

Reporting of side effects: 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](https://www.mhra.gov.uk/yellowcard). By reporting side effects, you can help provide more information on the safety of this medicine.

Adverse events should also be reported to Teva UK Limited online <https://products.tevauk.com/reporting-side-effects>, or by phone 0207 540 7117, or email [uk.safety@tevauk.com](mailto:uk.safety@tevauk.com).