

Varenicline (Champix) information

Champix tablets work by helping to block the signal of nicotine reaching the receptors in the brain. It works by reducing your cravings and reducing the effect you feel if you do have a cigarette. It is a prescription medicine so when the request is sent by your Livewell advisor, your GP will assess if you are suitable to take it.

You can not take Champix if you are pregnant/planning to get pregnant, under 18 or if you have some pre-existing health conditions.

Treatment is normally for 12 weeks and you need to take the full course for it to have the best effect for you.

You start taking the tablets one to two weeks before your quit date. Typically, people stop smoking between day 8-14 of the course.

Champix isn't a magic tablet, it will support you to quit if you are ready and determined to stop smoking.



Visit – www.livewellderby.co.uk

Call - 01332 641254

Email – livewell@derby.gov.uk

Champix Dosage

The dosage of the Champix tablets is:

Day 1-3	0.5mg daily
Day 4-7	0.5mg twice daily
Day 8 onwards	1mg twice daily

Prescription Request Process

From the discussion in your Livewell appointment, if you and your advisor decide to use Champix for your Stop Smoking support, the advisor will send a request to your GP to prescribe the medication. This is normally prescribed two weeks at a time. Your advisor will ask you to contact your GP (at the earliest, 48 working hours after the request has been sent), to check it has been received and processed.

You will need to keep in contact with your advisor so that when you have 7 days of tablets left, you can let them know and they can then send off your next request to the GP. This is so the repeat prescription can be processed in plenty of time. It is important there is no break in taking the tablets.

You **can not** smoke beyond 14 days of starting the Champix as the dosage has peaked at this point and you will get no additional benefit from it.

You are only permitted 1 attempt of Champix per calendar year.

You should not use any Nicotine Replacement products whilst taking Champix.

Common side effects – Please contact your advisor as soon as possible if you suffer from any of these:

Nausea (can be reduced by taking Champix with food and water)

Dizziness

Headaches

Abnormal dreams or sleep disturbance (may be reduced by taking early evening)

Tiredness

Constipation or diarrhoea

Bloating, indigestion or wind



Please contact your advisor if you have any questions or problems