



## How to Take Chantix (Varenicline)

Set a quit date for one week after starting medication. You may continue to smoke during the first week of treatment.

Take Chantix after eating with a full glass of water

### Dose Schedule

Days 1-3	0.5 mg once daily
Days 4-7	0.5 mg twice daily
Day 8 - end of treatment	1 mg twice daily

**Possible side effects:** Nausea and insomnia, which usually go away within a few days but if you have side effects that do not go away please call us and we can adjust the dose of your medication.

Stay on Chantix for at least 12 weeks. To maximize your chance for long-term success a second 12 weeks of therapy should be considered.