

**Champix (Varenicline) Client Fact Sheet**  
**Western Cheshire Primary Care Trust**  
**Stop Smoking Service**

**2009**

May 2009  
rev1

**What is it?**

**Champix is a prescription only medication.** Your GP will decide if it is suitable for you to use and it can only be used by adults over 18.

It is a non-nicotine medicine which helps to reduce craving and withdrawal symptoms associated with stopping smoking. Trials have shown that Champix is more effective than willpower alone but it is not a 'magic cure' or a 'wonder drug', you must be motivated to stop and attend weekly support sessions provided by the stop smoking service.

It is normally a 12 week course

**Side Effects**

Nausea is the most common side effect. Champix can be taken with or without food and should be swallowed whole with water. In severe cases a dose reduction may be considered. Drowsiness and dizziness may occur so you should use caution when driving or operating machinery and drinking alcohol until you see how it affects you.

Other side effects include headache, insomnia and abnormal dreams (these may be reduced by taking the second tablet with an evening meal rather than before bedtime).

If you have any side effects please report them to your GP/Pharmacist or Stop Smoking Advisor.

No interactions with other medication have been reported to date.

Champix must **NOT** be used if:

- You are under 18 years of age
- You are pregnant or breast-feeding
- You have severe kidney disease
- You are allergic to any of the ingredients
- You are using other Stop Smoking medication

Champix must be used **WITH CAUTION** if:

- You have Diabetes
- You have Epilepsy
- You have a serious cardiovascular or respiratory disease
- You are intending to become pregnant, to ensure that the course is completed before you become pregnant
- You are currently on anti-depressant medication, or have ever suffered with mental ill health

It is very important that you make an appointment to see your GP if any of the above applies to you.

**Dosage**

Before you start your course of Champix you should decide on a quit date in the second week of treatment (between day 8 and 14) when you will stop smoking.

**Day 1 to 3**

Take **one** 0.5mg tablet **once** daily

**Day 4 to 7**

Take **one** 0.5mg tablet **twice** daily

**Day 8 to end of treatment**

Take **one** 1mg tablet **twice** daily

If you forget to take Champix do not take a double dose. It is important that you take it regularly at the same time each day.

The tablets should be swallowed whole with water.

Champix can be taken with or without food.

Champix dosage can be lowered if you cannot tolerate the adverse effects or if you have kidney problems.

**Please read the information leaflet supplied with the tablets for full details.**