

WHAT IS CHAMPIX?

Champix is a medicine that is based on a plant extract found in a variety of plants including the New Zealand Kowhai Tree. It is a tablet that you take for 12 weeks to help you stop smoking.

Champix Tablets

Champix is a prescription medicine that contains 0.5 mg or 1 mg of varenicline. It is used to help adults stop smoking. Champix has risks and benefits. Consult your doctor to see if Champix is right for you and use only as directed. Do not take Champix if you are allergic to varenicline or any of the other tablet ingredients. If you get swelling of the face, mouth, throat or a skin rash, stop taking Champix and see your doctor immediately. Tell your doctor if you have ever had depression or other mental health problems. Stop taking Champix and see your doctor if you or your family notice any changes in your behaviour, mood or thinking, including self-harm or harming others. Tell your doctor if you have chest pain or any heart problems. There have been reports of heart attack and strokes in some people taking Champix. Heart attacks and strokes can also be caused by smoking. Tell your doctor if you have kidney problems, a history of seizures, drink alcohol, are pregnant, intend to become pregnant or are breastfeeding. Tell your doctor if you take any other medicines. Common side effects include nausea, headache, sleep problems, signs and symptoms of a cold, stomach or bowel problems, change in taste, dry mouth, muscle or joint pain, change in appetite, feeling tired, weight gain, shortness of breath, rash, toothache, chest pain and itching. If you have other side effects see your doctor.

*Champix is fully funded under special authority. A pharmacy charge and normal doctor's fees apply.

Further information on Champix is available from www.medsafe.govt.nz or Pfizer New Zealand Ltd, Auckland, www.pfizer.co.nz. Ph. 0800 736 363.

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QUIT SMOKING WITH THE HELP OF CHAMPIX.



CHAMPIX[®]
varenicline tartrate

Fully-funded under special authority.
A pharmacy charge and normal doctor's fee apply.

How does Champix help me to stop smoking?

It is thought to work in two ways:

1. It reduces your cravings for a cigarette and the unpleasant feelings when you stop smoking.
2. It blocks the effects of nicotine, so if you do smoke you may not enjoy it as much. This can help you let go of smoking.

How well does Champix work?

Compared to trying to quit with no help (placebo or sugar pills), using Champix for 12 weeks increases your chance of quitting by around four times.

How do I get a fully funded course of Champix?*

Talk to a doctor or a nurse about getting Champix. To find out more, go to www.champix.co.nz



Why is treatment with Champix 12 weeks?

Nicotine withdrawal symptoms can last up to ten weeks so it's important to take the medicine for the whole course.

If you've tried to stop smoking before, you'll probably know how easy it is at any time to light up again – like, when you feel stressed or are with other smokers.

Champix helps you to resist smoking so you can get used to being nicotine free. If you do light up while taking Champix, you may not enjoy it as much. It is best if you don't have a single puff. If you feel unwell while taking Champix, speak to your doctor or pharmacist as soon as possible.

Is there any extra support to help me stop smoking?

Yes there is. Talk to your doctor or nurse about the options they can provide. It is important to get support from a quit coach as well as family and friends while you quit smoking.

This will increase your chances of staying off the smokes. There is also a free CHAMPPIX support programme called www.mytimetoquit.co.nz. It is a personalised website and text programme with information and helpful tips.

How do I use Champix?

You can only get Champix one month at a time. So plan to go to your pharmacy around Week 3 and Week 7 to get your next month of treatment.

If I get side effects, how do I manage them?

If you have tried to stop smoking cold turkey (with no help), there is a good chance you know about the cravings for a cigarette, issues with concentration or sleeping. Maybe you have even felt restless, a bit cranky and a bit down. Because of the way Champix works, it may make it easier to manage those feelings.

With Champix, some people can feel nauseous or have a feeling of an upset tummy. Taking Champix with food and water may help. When you give up cigarettes, sometimes it can be hard to get to sleep or your dreams may change. Talk to your doctor, nurse or pharmacy if this becomes a problem. They may suggest strategies such as cutting back the amount of coffee or soft drinks you are drinking.

Champix can have other side effects too, such as headaches and sinus congestion. Ask your doctor to go through these with you. Some people have had serious mood changes when taking Champix and quitting. It's not known if it's related to Champix or to quitting. Talk to your doctor, nurse or pharmacy as soon as possible if you are feeling down while stopping smoking.



* Pharmacy dispensing fee and normal doctors fees apply