

## Varenicline Sandoz®

varenicline (as citrate)

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### Consumer Medicine Information

This leaflet provides important information about using Varenicline Sandoz. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Varenicline Sandoz.**

*Where to find information in this leaflet:*

1. Why am I using Varenicline Sandoz?
2. What should I know before I use Varenicline Sandoz?
3. What if I am taking other medicines?
4. How do I use Varenicline Sandoz?
5. What should I know while using Varenicline Sandoz?
6. Are there any side effects?
7. Product details

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#### 1. Why am I using Varenicline Sandoz?

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**Varenicline Sandoz contains the active ingredient varenicline (as citrate).**

**Varenicline Sandoz is used to help adults stop smoking.** It can help to reduce craving and withdrawal symptoms that may happen while you stop smoking.

People giving up smoking are often affected by nicotine withdrawal. Symptoms of nicotine withdrawal can include craving for tobacco, irritability, frustration, feeling angry, sleep problems, depressed mood, feeling anxious, difficulty concentrating, restlessness, decreased heart rate, increased appetite or weight gain. Not everybody is affected by symptoms of nicotine withdrawal.

Although it is not recommended that you smoke after your quit date, Varenicline Sandoz will reduce your enjoyment of cigarettes if you do smoke while on treatment.

#### *How Varenicline Sandoz works*

Varenicline Sandoz works by blocking the effects of nicotine in your body. There are receptors for nicotine in the brain. When cigarette smoke is inhaled, nicotine attaches to these receptors. This sends a message to a different part of the brain to release a chemical called dopamine. Dopamine gives a feeling of pleasure which only lasts for a short time. The body wants to repeat this feeling reinforcing the need to keep smoking. It is believed that Varenicline Sandoz works by activating these receptors and blocking nicotine from attaching to them.

Varenicline Sandoz does not contain nicotine and it is not addictive.

Ask your doctor if you have any questions about why this medicine has been prescribed for you. Your doctor may have prescribed it for another reason.

#### *Deciding to stop smoking*

Varenicline Sandoz helps you give up smoking. Other things you need include:

- willpower
- a quit plan
- support from your family, friends or carers
- counselling, advice or additional support

- changes in your behaviour, so you avoid situations where you are likely to smoke.

Most people are unable to quit smoking without support. Your doctor and pharmacist can give you advice, support and sources of information to help you stop smoking. You can also get free advice and support from Quitline by calling 13 7848 (13 QUIT) or online at [www.icanquit.com.au](http://www.icanquit.com.au).