

**Table 6.26. Meta-analysis (2008): Effectiveness and abstinence rates for various medications and medication combinations compared to placebo at 6-months postquit (n = 83 studies)<sup>a</sup>**

| Medication                                                                              | Number of arms | Estimated odds ratio (95% C.I.) | Estimated abstinence rate (95% C.I.) |
|-----------------------------------------------------------------------------------------|----------------|---------------------------------|--------------------------------------|
| Placebo                                                                                 | 80             | 1.0                             | 13.8                                 |
| <b>Monotherapies</b>                                                                    |                |                                 |                                      |
| Varenicline (2 mg/day)                                                                  | 5              | 3.1 (2.5–3.8)                   | 33.2 (28.9–37.8)                     |
| Nicotine Nasal Spray                                                                    | 4              | 2.3 (1.7–3.0)                   | 26.7 (21.5–32.7)                     |
| High-Dose Nicotine Patch (> 25 mg) (These included both standard or long-term duration) | 4              | 2.3 (1.7–3.0)                   | 26.5 (21.3–32.5)                     |
| Long-Term Nicotine Gum (> 14 weeks)                                                     | 6              | 2.2 (1.5–3.2)                   | 26.1 (19.7–33.6)                     |
| Varenicline (1 mg/day)                                                                  | 3              | 2.1 (1.5–3.0)                   | 25.4 (19.6–32.2)                     |
| Nicotine Inhaler                                                                        | 6              | 2.1 (1.5–2.9)                   | 24.8 (19.1–31.6)                     |
| Clonidine                                                                               | 3              | 2.1 (1.2–3.7)                   | 25.0 (15.7–37.3)                     |
| Bupropion SR                                                                            | 26             | 2.0 (1.8–2.2)                   | 24.2 (22.2–26.4)                     |
| Nicotine Patch (6–14 weeks)                                                             | 32             | 1.9 (1.7–2.2)                   | 23.4 (21.3–25.8)                     |
| Long-Term Nicotine Patch (> 14 weeks)                                                   | 10             | 1.9 (1.7–2.3)                   | 23.7 (21.0–26.6)                     |
| Nortriptyline                                                                           | 5              | 1.8 (1.3–2.6)                   | 22.5 (16.8–29.4)                     |
| Nicotine Gum (6–14 weeks)                                                               | 15             | 1.5 (1.2–1.7)                   | 19.0 (16.5–21.9)                     |
| <b>Combination therapies</b>                                                            |                |                                 |                                      |
| Patch (long-term; > 14 weeks) + <i>ad lib</i> NRT (gum or spray)                        | 3              | 3.6 (2.5–5.2)                   | 36.5 (28.6–45.3)                     |
| Patch + Bupropion SR                                                                    | 3              | 2.5 (1.9–3.4)                   | 28.9 (23.5–35.1)                     |
| Patch + Nortriptyline                                                                   | 2              | 2.3 (1.3–4.2)                   | 27.3 (17.2–40.4)                     |
| Patch + Inhaler                                                                         | 2              | 2.2 (1.3– 3.6)                  | 25.8 (17.4–36.5)                     |
| Patch + Second generation antidepressants (paroxetine, venlafaxine)                     | 3              | 2.0 (1.2–3.4)                   | 24.3 (16.1–35.0)                     |
| Medications not shown to be effective                                                   |                |                                 |                                      |
| Selective Serotonin Re-uptake Inhibitors (SSRIs)                                        | 3              | 1.0 (0.7–1.4)                   | 13.7 (10.2–18.0)                     |
| Naltrexone                                                                              | 2              | 0.5 (0.2–1.2)                   | 7.3 (3.1–16.2)                       |

<sup>a</sup> Go to [www.surgeongeneral.gov/tobacco/gdlnrefs.htm](http://www.surgeongeneral.gov/tobacco/gdlnrefs.htm) for the articles used in this meta-analysis.