



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

OTTAWA MODEL  
FOR SMOKING CESSATION  
MODÈLE D'OTTAWA  
POUR L'ABANDON DU TABAC



# QUIT SMOKING – IT PAYS OFF!

The cost of quit smoking medications may deter some smokers from using them. It's important to remind yourself that these medications are proven to double or triple the odds of you successfully quitting. Most quit smoking medications are less expensive than continuing to smoke.

**CONSIDER THIS:** The cost of smoking one pack of cigarettes is approximately \$10.00 per day, or \$70.00 per week. This would amount to \$3,640.00 (plus applicable taxes) per year.

## COST OF SMOKING

How much do you spend  
on tobacco each week?

Example: \$70 (\$10 per pack x 7 days)

Multiply by 52 weeks

Example: \$70 x 52 weeks

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Total yearly cost:  
**\$3,640**

(plus applicable taxes)

Think of the money you will be saving over the  
long term once you've quit!



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## COST OF QUIT SMOKING MEDICATIONS

Pharmacotherapy	Cost Per Unit (as sold)	Cost Per Day	Cost Per Week	Cost of 12-week Therapy
Nicotine Patch*	\$20 - \$32 For 7-day supply	\$3 - \$5	\$20 - \$32	\$240 - \$380
Nicotine Inhaler*	\$39 - \$42 For 42 cartridges	\$6	\$39 - \$42	\$460 - \$500 This treatment is rarely used alone in smokers who smoke >10 cigarettes/day. The cost of inhalers is much lower when they are used in combination with the patch.
Nicotine Gum / Lozenge* 2 mg	\$23 - \$44 For 105 pieces	\$2 - \$3	\$13 - \$24	\$150 - \$290 Can be used alone, or in combination with the patch. Cost per week is based on gum use alone. Cost is much lower if used in combination with the patch.
Nicotine Gum / Lozenge* 4 mg	\$30 - \$44 For 105 pieces	\$2 - \$3	\$17 - \$24	\$200 - \$290 See note above
Varenicline (Champix)	\$72 For 14-day supply	\$5	\$36	\$432
Bupropion (Zyban)	\$63 - \$90 For 30-day supply	\$2 - \$3	\$15 - \$21	\$175 - \$252

\* These costs were calculated based on a twelve-week treatment program using the average recommended dose. All prices listed are approximate and do not include taxes. Amounts may vary depending on your dosing schedule, purchase location, and brand selection.

Dispensing fees for Zyban and Champix have been calculated at \$10.00. Your pharmacy may charge more or less for their dispensing prices.

### Insurance Coverage for Pharmacotherapy

Many insurance companies provide coverage for quit smoking medications. It's best to contact your health insurance provider to find out the coverage you have for quit smoking medications.