

For smokers serious about quitting  
and who have been prescribed CITIDARON® (cytisine)

This leaflet is intended for patients who have been prescribed CITIDARON only

# YOUR DOSAGE SCHEDULE FOR QUITTING SMOKING

## A 25 DAY CALENDAR GUIDE

*Before commencing treatment please read this leaflet  
and follow your healthcare professionals instructions.  
Further information and to access the patient  
information leaflet [CLICK HERE](#)*

*You've got this!*

### HOW TO TAKE CITIDARON® (CYTISINE)

**CITIDARON is supplied in a packet of 100 tablets and one packet of CITIDARON is sufficient for a complete 25-day course of therapy.<sup>1</sup>**

**CITIDARON should be taken as per the schedule on the inside spread.<sup>1</sup>**

### CONGRATULATIONS ON DECIDING TO STOP SMOKING!

Making the first step towards giving up smoking is a great start. Giving up is difficult and you may lapse along your way, but it is really important to keep going. You will get there in the end!

Quitting will provide you with a range of health, lifestyle, and financial benefits that you will be able to see and feel after the first few days.

Have a chat with your local healthcare professional who will be able to help you

achieve your goal and direct you towards the most appropriate help and support.

If you have any questions about your prescription, please speak to your healthcare professional and log onto **[www.consilienthealth.ie](http://www.consilienthealth.ie)**.

If you need additional support to help you quit smoking, your local stop smoking services can be found using the following [CLICK HERE](#).

# YOUR DOSAGE SCHEDULE FOR QUITTING SMOKING

## 25 DAYS OF TREATMENT

Record your start date here.

Record the time in each box below as you take each tablet.  
The day is numbered at the top of each column.

CITIDARON should be taken according to the following schedule:

### Days 1-3

1 tablet every 2 hours  
(Daily: 6 tablets max)

1	2	3

### Days 4-12

1 tablet every 2.5 hours  
(Daily: 5 tablets max)

4	5	6	7	8	9	10	11	12

### Days 13-16

1 tablet every 3 hours  
(Daily: 4 tablets max)

13	14	15	16

### Days 17-20

1 tablet every 5 hours  
(Daily: 3 tablets max)

17	18	19	20

### Days 21-25

1 - 2 tablets a day  
(Daily: 2 tablets max)

21	22	23	24	25

Each column represents your day.

Fill in each square for that day with the time you take each tablet.

- 1
- 9 am
- 11 am
- 1 pm
- 3 pm
- 5 pm
- 7 pm

EXAMPLE

**Smoking should be stopped no later than on the 5th day of treatment.**

- One package of CITIDARON (100 tablets) is sufficient for a complete treatment course.
- Smoking should not be continued during treatment as this may aggravate adverse reactions.
- In case of treatment failure, the treatment should be discontinued and may be resumed after 2 to 3 months.

*You've got this!*

**Citidaron**<sup>®</sup>  
Cytisine