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.¹

CITIDARON should be taken as per the schedule overleaf.¹



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.

If you need additional support to help you quit smoking, your local stop smoking services can be found using the following link or scan the QR code below.

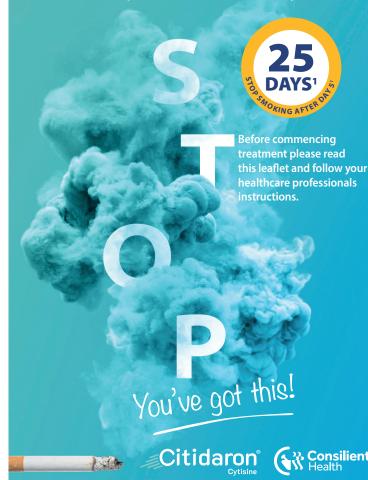
www2.hse.ie/living-well/quit-smoking



YOUR DOSAGE SCHEDULE FOR QUITTING SMOKING

A 25 DAY CALENDAR GUIDE

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









YOUR DOSAGE SCHEDULE FOR QUITTING SMOKING

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.







25 DAYS OF TREATMENT



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



Days 13-16

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



Days 17-201 tablet every 5 hours (Daily: 3 tablets max)







9 am

Each column

represents your day.

Fill in each

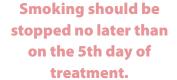
square for

that day with the time you

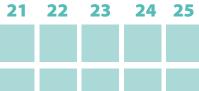
take each

tablet.

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







- 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.



