**CHAMPIX**
(varenicline tartrate)

**MyTimeToQuit.com.au Patient Support Program**

### Frequently Asked Questions

The purpose of this document is to provide information regarding enrolling your patients into MyTimeToQuit.com.au.

**Did you know?**

- Only around 53% of patients prescribed CHAMPIX® return for their continuation prescription/pack.
- Over 90% of MyTimeToQuit.com.au participants reported being abstinent at the end of the program.

**You can now enrol CHAMPIX® patients in MyTimeToQuit.com.au through GuildCare. For every enrolment of a CHAMPIX® patient, your pharmacy is paid a $4 enrolment fee.**

**Questions specifically regarding the GuildCare programs should be directed to:**

- **Phone:** 1300 647 492
- **Email:** support@guildcare.com.au

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**PBS Information:** This product is authority listed on the PBS as an aid for smoking cessation for adults. Refer to PBS schedule for full information.

### CHAMPIX®
(varenicline tartrate)

**Indications:** Aid to smoking cessation in adults (≥ 18 years).

**Contraindications:**
- Hypersensitivity to varenicline or excipients.

**Precautions:**
- Neuropsychiatric symptoms: history of or underlying psychiatric illness, including changes in behaviour or thinking, anxiety, agitation, hallucinations, aggression, depression, anxiety and suicidal behavior; patients and families to monitor; patients to stop taking CHAMPIX at first sign of symptoms and contact a health care professional immediately, ongoing follow-up and observation.
- Seizures, hypersensitivity reactions, cardiovascular events, driving or operating machinery, alcohol consumption, pregnancy, lactation, severe renal impairment. See PI for details.

**Adverse Effects:**
- Smoking cessation/nicotine withdrawal symptoms. Most common: nausea, headache, insomnia, abnormal dreams, abdominal pain, constipation, fatigue, diarrhea, flatulence, vomiting, dyspepsia, dysgeusia, dry mouth, back pain, change in appetite, somnolence, weight increased, rash, myalgia, dyspnoea, toothache, chest pain, gastrointestinal reflux disease, pruritus. Post-marketing reports of myocardial infarction, stroke. See PI for details.

**Dosage and Administration:**
- Patients should set a date to quit smoking and start taking Champix 1 to 2 weeks before this date. Alternatively, patients begin Champix dosing and then quit smoking between days 8 and 35 of treatment. Days 1 to 3: 0.5 mg once daily. Days 4 to 7: 0.5 mg twice daily. Days 8 to end of treatment: 1 mg twice daily.
- Patients should be treated for 12 weeks. An additional 12 weeks of treatment can be considered for those who need additional support. Retreatment with varenicline is encouraged in patients who are motivated to quit and did not succeed with prior treatment or who relapsed. Dose tapering is not required at end of treatment. Dose reductions are required for patients with severe renal impairment. See PI for details.

**References:**

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**MyTimeToQuit.com.au at a glance**

<table>
<thead>
<tr>
<th>Program goal</th>
<th>Provide support for smoking cessation and assist patient understanding of the challenges associated with smoking cessation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient requirement</td>
<td>New to CHAMPIX® therapy.</td>
</tr>
<tr>
<td>Length of program</td>
<td>Up to 24 weeks.</td>
</tr>
<tr>
<td>Form of communication</td>
<td>Email and/or SMS.</td>
</tr>
<tr>
<td>What do patients receive?</td>
<td>Email and/or SMS reminders.</td>
</tr>
<tr>
<td>Payment required</td>
<td>Free for patients.</td>
</tr>
<tr>
<td>Mandatory patient information</td>
<td>Patient mobile phone number and email address (both required to enrol in program).</td>
</tr>
</tbody>
</table>

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**Before Prescribing, Please Review Full Product Information Available at www.pfizer.com.au**

CHAMPIX® (varenicline tartrate) 0.5 mg and 1 mg Tablets.

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- **Phone:** 1300 647 492
- **Email:** support@guildcare.com.au
**Frequently Asked Questions**

**Question:** Why does Pfizer offer MyTimeToQuit.com.au?
**Answer:** Best results are achieved when medicines are used in combination with counseling and support. MyTimeToQuit.com.au is designed to help patients who have already been prescribed CHAMPIX® by their doctor. The aim of MyTimeToQuit.com.au is to help patients better understand quitting smoking and their medicine, to provide relevant lifestyle information, to facilitate adherence, and ultimately to improve health outcomes. This is in line with the principles of the Quality Use of Medicines.

**Question:** How is MyTimeToQuit.com.au linked to the GuildCare program?
**Answer:** Through the GuildCare suite of programs, pharmacies can enrol patients directly into MyTimeToQuit.com.au. At the point of dispensing CHAMPIX®, a prompt will appear advising you that the patient is eligible to enrol in this program. MyTimeToQuit.com.au is separate from any Community Pharmacy Agreement program.

**Question:** How do I know if my pharmacy has been enabled for MyTimeToQuit.com.au?
**Answer:** All pharmacies, which have subscribed to the GuildCare suite of programs, are automatically enabled for MyTimeToQuit.com.au.

**Question:** Is enrolling a patient a difficult exercise?
**Answer:** No. Many of the fields that are required for enrolment will be pre-populated from patient dispensing information. In most cases, there should only be limited additional information required from your patient (e.g. email address) in addition to confirming patient’s consent to participate in MyTimeToQuit.com.au.

**Question:** Whom do I contact if I am unable to access or enrol patients in MyTimeToQuit.com.au?
**Answer:** Please contact GuildCare at support@guildcare.com.au or on 1300 647 492.

**Question:** Can I enrol any patient into MyTimeToQuit.com.au?
**Answer:** The program is specifically designed to support patients prescribed and taking CHAMPIX® from the commencement of treatment, and therefore patients can only be enrolled upon presentation with the first prescription of CHAMPIX®.

**Question:** Am I obliged to enrol patients into MyTimeToQuit.com.au?
**Answer:** No. There is no obligation whatsoever.

**Question:** How often and what type of communications will my patients receive?
**Answer:** MyTimeToQuit.com.au provides access to online resources relevant to your patients’ quitting journey, which includes SMS and email motivational messages.