

Products for Tobacco Cessation



Items available at:

Health & Care Store locations: Full list of store hours and locations on back
Online catalog and ordering: parknicollet.com/stores

All products on this list have been recommended by clinicians at Park Nicollet.

Nicotine Transdermal System—"Nicotine Patch" (14 day supply)

- Step 1: 21mg
- Step 2: 14mg
- Step 3: 7mg

Nicotine gum

- 2mg/108 pieces (starter kit)
- 2mg/48 pieces
- 2mg/168 pieces
- 4mg/108 pieces (starter kit)
- 4mg/48 pieces
- 4mg/168 pieces

Nicotine lozenge

- 2mg/72 pieces
- 4mg/72 pieces

Books and resources

- "7 Steps to a Smoke-Free Life," American Lung Association, Edwin B. Fisher, Jr., with Toni Goldfarb
- "Kicking Butts: Quit Smoking and Take Charge of Your Health," American Cancer Society
- "Quit and Stay Quit: A Motivational Guide to Life Without Smoking," Terry A. Rustin, MD, Hazelden
- "The How to Quit Smoking and Not Gain Weight Cookbook," Mary Donkersloot, RD, and Linda Hyder

The following items are available by prescription only. A valid prescription must accompany this shopping list in order to purchase.

- Nicotine inhaler kit—168 cartridges
- Nicotine nasal spray—10mg/ml spray, 10ml bottle
- Bupropion tablets (Wellbutrin[®], Zyban[®])
- Varenicline tablets (Chantix[®])

Park Nicollet maintains stores to offer convenient, comprehensive, provider-recommended products, but patients may choose to receive them from other sources.

Store locations and hours

Park Nicollet Clinic—Bloomington

952-993-2530

Monday – Friday 8:30 a.m. to 5:30 p.m.

Park Nicollet Clinic—Brookdale

952-993-4800

Monday 8:30 a.m. to 7 p.m.

Tuesday – Friday 8:30 a.m. to 6 p.m.

Park Nicollet Clinic—Burnsville

952-993-8524

Monday – Friday 8:00 a.m. to 8 p.m.

Saturday 9 a.m. to 5 p.m.

Park Nicollet Clinic—Carlson Parkway

952-993-4643

Monday – Thursday 8:30 a.m. to 8 p.m.

Friday 8:30 a.m. to 6 p.m.

Saturday – Sunday 9 a.m. to 5 p.m.

Park Nicollet Clinic—Chanhassen

952-993-4430

Monday – Friday 8 a.m. to 8:30 p.m.

Saturday 8:30 a.m. to 1 p.m.

Park Nicollet Clinic—Eagan

952-993-4004

Monday – Friday 8:30 a.m. to 5:00 p.m.

Park Nicollet Clinic—Minneapolis

952-993-8004

Monday – Friday 8:30 a.m. to 5:30 p.m.

Park Nicollet Clinic—Minnetonka

952-993-2929

Monday 9 a.m. to 6 p.m.

Tuesday – Friday 9 a.m. to 5:30 p.m.

Park Nicollet Clinic—Plymouth

952-993-8980

Monday 8:30 a.m. to 6 p.m.

Tuesday – Friday 8:30 a.m. to 5:30 p.m.

Park Nicollet Clinic—Meadowbrook

952-993-5764

Monday – Friday 7:30 a.m. to 5:30 p.m.

Park Nicollet Clinic—St. Louis Park

952-993-3148

Monday – Friday 8:00 a.m. to 9 p.m.

Saturday – Sunday 8:30 a.m. to 5:30 p.m.

Park Nicollet Clinic—Shakopee

952-993-7840

Monday – Friday 8:30 a.m. to 5:30 p.m.

Park Nicollet Clinic—Wayzata

952-993-8200

Monday – Friday 8:30 a.m. to 5:30 p.m.

Park Nicollet Heart and Vascular Center

952-993-2310

Monday – Friday 8:30 a.m. to 5 p.m.

Tobacco cessation resources

Park Nicollet Resources

QUITPLAN Center locations at Park Nicollet offer face-to-face tobacco cessation counseling at no or minimal cost to all patients and non-Park Nicollet patients who want to quit smoking or using spit tobacco. For more information, call the Park Nicollet smoking cessation department at 952-993-3636.

Other Resources

QUITPLAN Services—Minnesota's FREE tobacco cessation support service

1-888-354-PLAN (7526)

TTY and language interpretation available

www.quitplan.com

Nicotine Anonymous

1-877-TRY-NICA (1-877-879-6422)

www.nicotine-anonymous.org

American Cancer Society

www.cancer.org

American Heart Association

www.americanheart.org

American Lung Association

www.lungusa.org

Centers for Disease Control and Prevention

www.cdc.gov/tobacco/index.htm

National Center for Tobacco Free Kids

www.tobaccofreekids.org

National Institutes of Health

www.nlm.nih.gov/medlineplus

QUITNET

Free internet-based support group

www.quitnet.com