

Nicotine Dependence Drugs Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which nicotine replacement therapy is especially noted for supporting the hand-to-mouth habit?**
 - A. Patch**
 - B. Gum**
 - C. Lozenge**
 - D. Inhaler**

- 2. What is the maximum daily dose of nicotine gum?**
 - A. 12 pieces**
 - B. 24 pieces**
 - C. 36 pieces**
 - D. 48 pieces**

- 3. Bupropion compared with nicotine replacement therapy (NRT) is which of the following?**
 - A. More effective**
 - B. Equally effective**
 - C. Less effective**
 - D. Not effective**

- 4. What is the recommended duration for tapering clonidine?**
 - A. 2-4 Days**
 - B. 1-2 Days**
 - C. 5-7 Days**
 - D. 7-10 Days**

- 5. Which drug is listed as a contraindication with nortriptyline?**
 - A. MAOI**
 - B. Statin**
 - C. ACE Inhibitor**
 - D. Antihistamine**

- 6. Which lozenge brand is listed?**
- A. Commit**
 - B. Nicorette**
 - C. Nicotrol NS**
 - D. Nicoderm CQ**
- 7. Which method should be used for nicotine gum to achieve best effect?**
- A. Chew and swallow**
 - B. Chew and park**
 - C. Chew rapidly and spit**
 - D. Chew and discard**
- 8. Which adverse effect is listed for the nicotine inhaler but not for the nicotine nasal spray?**
- A. Coughing**
 - B. Nasal irritation**
 - C. Headache**
 - D. Nausea**
- 9. Which medication is most effective as a single agent for smoking cessation?**
- A. Varenicline**
 - B. Nicotine gum**
 - C. Bupropion**
 - D. Nicotine patch**
- 10. What is the goal of nicotine replacement therapy (NRT)?**
- A. To speed up nicotine absorption**
 - B. To slow down pharmacokinetics of nicotine absorption**
 - C. To completely eliminate nicotine from the body**
 - D. To increase withdrawal symptoms**

Answers

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1. D
2. B
3. B
4. A
5. A
6. A
7. B
8. A
9. A
10. B

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Explanations

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1. Which nicotine replacement therapy is especially noted for supporting the hand-to-mouth habit?

- A. Patch
- B. Gum
- C. Lozenge
- D. Inhaler**

The test focuses on how nicotine replacement therapies address the behavioral aspects of smoking, not just the chemical craving. The inhaler is especially noted for supporting the hand-to-mouth habit because it provides a mouthpiece and a ritual similar to smoking: you bring something to your mouth and inhale, which mimics the puffing action that many smokers miss. This physical cue helps satisfy the habit component while delivering nicotine. The patch delivers nicotine through the skin with no oral ritual, and while gum and lozenge involve oral activity, they don't replicate the inhalation/hand-to-mouth pattern as closely as the inhaler. Hence, the inhaler best supports the hand-to-mouth habit.

2. What is the maximum daily dose of nicotine gum?

- A. 12 pieces
- B. 24 pieces**
- C. 36 pieces
- D. 48 pieces

The main idea here is safety in nicotine replacement therapy: there's a recommended ceiling on how much nicotine gum you should use in one day to prevent nicotine overdose while still easing withdrawal. The maximum is 24 pieces per day. Using more than that increases overall nicotine exposure and raises the risk of unpleasant or dangerous side effects such as nausea, dizziness, jaw discomfort, headaches, or rapid heart rate. The goal of the limit is to provide enough gum to curb cravings and withdrawal but not exceed a safe daily amount. If cravings remain after reaching the daily cap, consult a clinician or adjust the plan rather than trying to push past 24 pieces.

3. Bupropion compared with nicotine replacement therapy (NRT) is which of the following?

- A. More effective
- B. Equally effective**
- C. Less effective
- D. Not effective

Both therapies are effective options for smoking cessation; head-to-head trials and meta-analyses generally show similar quit rates for bupropion and nicotine replacement therapy, so they are equally effective overall. They work through different mechanisms—NRT provides nicotine to ease withdrawal and cravings, while bupropion acts on brain chemicals to reduce cravings and withdrawal and can help with depressive symptoms. This means the choice often depends on patient factors: a history of depression or weight-concern preferences might steer toward bupropion, whereas delivery method, tolerance, and cardiovascular considerations might steer toward NRT. In many cases, either option can be appropriate, and some patients may even use a combination approach for added benefit.

4. What is the recommended duration for tapering clonidine?

- A. 2-4 Days**
- B. 1-2 Days**
- C. 5-7 Days**
- D. 7-10 Days**

The key idea is to stop clonidine gradually to avoid withdrawal effects and rebound blood pressure, especially when it's used briefly to ease nicotine withdrawal symptoms. When used for this purpose, a short taper is typically sufficient, so 2-4 days is the recommended window. Stopping more abruptly (1-2 days) can risk rebound hypertension and symptoms; extending the taper to 5-7 or 7-10 days is longer than usually needed for this indication and unnecessarily prolongs exposure to clonidine's side effects like dizziness or low blood pressure. So, a 2-4 day taper strikes a balance: it minimizes withdrawal risks while ending therapy in a timely manner.

5. Which drug is listed as a contraindication with nortriptyline?

- A. MAOI**
- B. Statin**
- C. ACE Inhibitor**
- D. Antihistamine**

The key idea here is that certain drug combinations can create dangerous, life-threatening effects due to excessive monoamine activity in the brain. Nortriptyline is a tricyclic antidepressant, and monoamine oxidase inhibitors (MAOIs) block the breakdown of monoamines like norepinephrine and serotonin. Using these together dramatically increases these chemicals, which can lead to a hypertensive crisis, severe tachycardia, and even serotonin syndrome with symptoms such as agitation, hyperthermia, and seizures. Because of this high risk, a monoamine oxidase inhibitor is contraindicated with nortriptyline, and clinicians avoid this pairing or require a substantial washout period when switching between them. The other drugs listed don't carry that same absolute contraindication with nortriptyline. They can be used together with caution, focusing on monitoring for other potential interactions or cumulative side effects rather than an outright contraindication.

6. Which lozenge brand is listed?

- A. Commit**
- B. Nicorette**
- C. Nicotrol NS**
- D. Nicoderm CQ**

Lozenge products deliver nicotine by dissolving in the mouth, making them a dissolvable oral form of nicotine replacement therapy. Among the options, Commit is the brand marketed specifically as a nicotine lozenge. The other options correspond to different delivery methods: Nicotrol NS is a nasal spray, Nicoderm CQ is a transdermal patch, and Nicorette is best known for gum (though it also has lozenges in some lines, this question treats it as not the lozenge brand). So Commit fits the lozenge category, which is why it's the best answer.

7. Which method should be used for nicotine gum to achieve best effect?

- A. Chew and swallow**
- B. Chew and park**
- C. Chew rapidly and spit**
- D. Chew and discard**

Nicotine gum is designed to deliver nicotine through the lining of the mouth, so the best technique is to chew a few times to release nicotine and then park the gum between the cheek and gum to let it be absorbed through the buccal mucosa. This chew-and-park cycle provides a steady, slower release of nicotine, which helps control cravings and minimizes stomach upset. If you chew and swallow, the nicotine goes to the stomach where it's less efficiently absorbed and can irritate the stomach. Chewing rapidly and spitting or discarding ends absorption too soon or wastes nicotine, because the gum isn't being used to its intended buccal delivery. By using the chew-and-park method, you maximize nicotine absorption and get the most benefit from the gum.

8. Which adverse effect is listed for the nicotine inhaler but not for the nicotine nasal spray?

- A. Coughing**
- B. Nasal irritation**
- C. Headache**
- D. Nausea**

The main idea is that adverse effects vary with how nicotine is delivered. The nicotine inhaler releases nicotine as a vapor you inhale into the mouth and throat, which often irritates the airway and triggers coughing. The nasal spray delivers nicotine directly to the nasal mucosa, so it tends to cause nasal irritation, sneezing, or a runny nose instead of coughing. Headache and nausea can occur with several nicotine products, so they don't distinguish the two. So coughing is the adverse effect associated with the inhaler but not typically listed for the nasal spray.

9. Which medication is most effective as a single agent for smoking cessation?

- A. Varenicline**
- B. Nicotine gum**
- C. Bupropion**
- D. Nicotine patch**

Varenicline's strength comes from its action as a partial agonist at the alpha4beta2 nicotinic receptors. This means it provides enough receptor stimulation to ease withdrawal and cravings, while simultaneously blocking nicotine's rewarding effects if you smoke. That dual action translates into higher abstinence rates in studies than single-agent use of other options. Nicotine gum and the nicotine patch deliver nicotine to reduce withdrawal, but they don't blunt the reward from smoking as effectively, so their long-term quit rates are typically lower when used alone. Bupropion helps with cravings through dopaminergic and noradrenergic pathways, but direct comparisons often show varenicline achieving higher quit rates. For a single-agent approach, varenicline is generally the most effective choice.

10. What is the goal of nicotine replacement therapy (NRT)?

- A. To speed up nicotine absorption**
- B. To slow down pharmacokinetics of nicotine absorption**
- C. To completely eliminate nicotine from the body**
- D. To increase withdrawal symptoms**

The goal of nicotine replacement therapy is to provide nicotine in a controlled, slower, and lower-dose way than cigarettes, so withdrawal and cravings are reduced while avoiding the quick, high nicotine spikes that reinforce smoking. This slower pharmacokinetic delivery makes abstinence more achievable by smoothing nicotine levels in the body and easing the transition off tobacco. Why this fits: smoking delivers nicotine rapidly to the brain, producing strong reinforcement; NRT products deliver nicotine more gradually, lowering peak concentrations and the urge to smoke. It's not about speeding up absorption, eliminating nicotine immediately, or increasing withdrawal symptoms, all of which would undermine quitting.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nicotinedependencedrugs.examzify.com>

We wish you the very best on your exam journey. You've got this!

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