



## Bupropion

### What is Bupropion?

Bupropion is a prescription medicine with the name brands Zyban and Wellbutrin. It:

- Does not have nicotine
- Can reduce withdrawal symptoms, like anger, low mood, anxiety, and cravings
- Is covered by health costs

### How to Get Started

Talk with your doctor before using bupropion especially if you have:

- Taking anything with bupropion or MAO inhibitors
- Drinking a lot of alcohol or stopped drinking abruptly
- Have a history of:
  - Seizure disorder or epilepsy
  - An eating disorder, like anorexia
  - Heart issues or high blood pressure

### Dose and Schedule

Bupropion comes in 150 mg pills. Most doctors prescribe it for 7-12 weeks.

- Start taking it 1-2 weeks before your quit date.
- Take one pill each morning for 3 days.
- After 3 days, take pill in the morning and one in the evening (at least 8 hours apart).
- If you miss a dose, just skip it and continue with your regular dose schedule. Do not double dose.



### Tips for Use

- Do not chew, cut, or crush pills.
- You may take the pill with or without food.
- You can use bupropion and nicotine gum or patches at the same time, but this may make your blood pressure go up.
- Be careful driving until you know how bupropion affects you.
- If bupropion makes it hard for you to sleep, do not take it close to bedtime.
- If you relapse, keep taking bupropion and get right back to quitting.

### Side Effects

Common side effects include:

- Stuffy nose
- Dry mouth
- Dizzy feeling
- Anxiety
- Nausea
- Constipation
- Joint aches
- Trouble sleeping

Stop taking Zyban\*\* and call your doctor right away if you feel more agitated or depressed, or have suicidal thoughts during or after use.