



## 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, mood, anxiety, and cravings.
- Is covered by health costs.

### How to Get Started

Talk with your doctor before using bupropion, especially if you have any of the following conditions:

- 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 1 pill each morning for 3 days.
- After 3 days, take 1 pill in the morning and 1 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 bupropion and call your doctor right away if you feel more agitated or depressed, or have suicidal thoughts during or after use.