**What is Bupropion?**
Bupropion is a prescription drug and quit-smoking aid 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 any of these apply to you:
- Pregnant or breastfeeding.
- 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.