
Information from your Patient Aligned Care Team

INSTRUCTIONS FOR USING BUPROPION (ZYBAN)

How This Medicine Will Help You

Bupropion (Zyban) is used to help people stop smoking by reducing the urge to smoke and decreasing withdrawal symptoms. Also, many patients report that cigarettes do not taste as good after starting this medication. This medication is sometimes prescribed for other uses; ask your Primary Care Provider (PCP) or pharmacist for more information.

Instructions for Using Bupropion

1. Follow the directions on your prescription label carefully, and ask your PCP or pharmacist to explain any part you do not understand. Take bupropion exactly as directed.
2. Bupropion comes as a tablet to take by mouth. It is usually taken one to two times a day and may be taken with or without food. Do not crush, chew, or divide bupropion tablets. Take it at the same time each day.
3. Bupropion for smoking cessation is usually started 7 to 14 days before your smoking Quit Date (the date you plan to stop using tobacco).
3. If you take bupropion two times per day, take the missed dose as soon as you remember it and take the second dose for that day at least eight hours later. Do not take an extra tablet to make up for the dose you forgot. However, if it is almost time for the next dose, skip the one you forgot and continue your regular dosing schedule.
4. Do not take a larger dose; take it more often, or for a longer period than your PCP tells you.
5. Keep this medication in a tightly closed container, and out of reach of children. Store it at room temperature and away from excess heat and moisture (not in the bathroom). Throw away any medication that is outdated or no longer needed. Talk to your pharmacist about the proper disposal of your medication.

Precautions

There is a chance of having a seizure (convulsion or fit) with bupropion if it is taken in large doses. Take bupropion **precisely as instructed** to minimize the risk of seizures.

Some people have had changes in behavior, hostility or anger, agitation, depression, suicidal thoughts or actions while taking bupropion to help them quit smoking. These symptoms can develop during treatment with bupropion or after stopping treatment with bupropion. If you, your family member, or your caregiver notices any of these symptoms, call your PCP right away. Tell your PCP if you have or have ever had depression, suicidal thoughts or actions, or other mental health problems.

Bereavement, Grief & Mourning (continued)

Tell your PCP if you have or have ever had seizures, brain tumors, head injuries, or an eating disorder or are taking anti-psychotics, tranquilizers or other antidepressants.

Before taking bupropion, tell your PCP and pharmacist if you are allergic to bupropion or any other drugs. Tell your PCP and pharmacist what other prescription and nonprescription drugs you are taking, or have taken in the last 2 weeks, especially anticoagulants [warfarin (Coumadin)]; antihistamines; antipsychotics; carbamazepine (Tegretol); cimetidine (Tagamet); diet pills; insulin; levodopa (Sinemet, Larodopa); lithium (Eskalith, Lithobid); MAO inhibitors [phenelzine (Nardil), tranylcypromine (Parnate)]; medication for high blood pressure, seizures, asthma, colds, or allergies; methylphenidate (Ritalin); oral antidiabetic medications; other antidepressants; ritonavir (Norvir); sedatives; sleeping pills; theophylline (Theobid, Theo-Dur, others), thyroid medications; tranquilizers; and vitamins.

You should not take Wellbutrin or Wellbutrin SR and Zyban together.

Also tell your PCP if you drink large amounts of alcohol or are addicted to cocaine, opiates or other drugs so that you can properly taper and end their use. If you stop using these things all of a sudden it can increase your chance of having a seizure. Let your PCP know if you have or have ever had glaucoma, an enlarged prostate, difficulty urinating, an over active thyroid gland, anorexia or bulimia, or liver, or kidney or heart disease.

Tell your PCP if you are pregnant, plan to become pregnant, or are breast-feeding. If you become pregnant while taking bupropion, call your PCP immediately. If you are having surgery, including dental surgery, tell the doctor or dentist that you are taking bupropion.

Side effects from bupropion are common and may include:

- dry mouth
- insomnia (trouble sleeping)
- weakness or tiredness
- excitement or anxiety (nervousness)
- nightmares
- change in appetite or weight

Tell your PCP if any of these symptoms are severe or do not go away:

- frequent urination
- difficulty urinating
- constipation
- blurred vision
- change in sex drive or ability
- excessive sweating

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