

# Bupropion SR

Generic; formerly available as Zyban®

## Why choose bupropion SR?

- Bupropion SR is used to help you quit smoking.
- It makes you more comfortable while you are quitting because it reduces the cravings and withdrawal that you feel when you stop smoking.
- It can be used together with a nicotine replacement medication, such as the nicotine patch, to further reduce your withdrawal symptoms.
- It is inexpensive compared to some of the other medicines for quitting smoking.

## How do I use bupropion SR?

- Start taking bupropion SR 1 to 2 weeks *before* your quit date.
- The dose you will take is lower during the first 3 days of treatment, then it increases to the full dosage.
- Take the tablet by mouth.

## Dosing schedule:

Treatment day	Dose
Days 1 – 3	Take 1 (150 mg) tablet each day.
Day 4 – end of treatment	Take 1 (150 mg) tablet in the morning and 1 in the evening. Take the tablets at least 8 hours apart. Do not take more than 2 tablets in one day.

## How long is the treatment?

- It is recommended that you take this medicine for 7 to 12 weeks.
- If you feel that you need to be on the medicine longer, talk with your pharmacist.

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## What are the side effects of bupropion SR?

### More common:

- Difficulty sleeping (insomnia)
- Dry mouth

### Less common:

- Nausea
- Constipation
- Difficulty concentrating
- Changes in mood and behavior

The information on this sheet does not cover all possible side effects; others may occur.

**Please report any problems to your pharmacist.**

## What else do I need to know?

- This medicine may cause changes in your mood or behavior—if you or a family member notice any changes that are not normal for you, stop taking bupropion SR and call your doctor or pharmacist right away.
- Let your pharmacist know if you are less than 18 years old, pregnant or breastfeeding, have liver disease, or are taking any form of bupropion or Wellbutrin® or an MAO inhibitor (not common) for depression.
- Do not use if you:
  - are at risk for seizures, or if you have a seizure disease (e.g., epilepsy), because taking bupropion increases the risk of having a seizure.
  - have an eating disorder (e.g., bulimia or anorexia).
  - are abruptly stopping use of alcohol or medicines for anxiety (such as Ativan®, Valium®, or Xanax®).
- Caffeine interacts with tobacco smoke—be sure to reduce your caffeine (coffee, tea, soda) intake by half when you quit smoking, and do not drink anything with caffeine after lunchtime so you are able to sleep well at night.
- Be sure to read all of the information that the pharmacy provides to you when you fill your prescription—call your pharmacist if you have questions.

You have a better chance of quitting for good if you also seek counseling. Talk with your pharmacist and/or call your state's tobacco quitline at **1-800-QUIT-NOW**.

