

# What you should know about . . .

## ***Zyban—Bupropion***

### **Zyban:**

- **Is a safe pill that you take for 8-12 weeks that has helped thousands of people quit smoking.**
- **Always requires a prescription from your doctor. It is covered by MediCal with prescription + certificate of individual, group or phone counseling.**
- **Delays and may decrease weight gain.**
- **May be particularly helpful for women and very helpful for men and women with histories of major depression.**

### ***Be prepared !!!***

- Get Zyban while getting ready to quit.— before your quit day.
- Start taking Zyban the week before you quit so you have some help even before you quit.
- Zyban may come in 30 day supply. Get more before you run out.
- Zyban will lower cravings and withdrawal symptoms. It will help you feel better while you learn other things to do instead of smoking.



***(Flip the page!!!)***

### ***How do I use Zyban???***

***Before taking Zyban read all of the instructions carefully. If you have any questions, talk to your health care provider.***

- Start a week before quit day or as directed by your doctor.
- The usual dose is one 150 mg pill a day for 3 days then one pill twice a day for 4 days before the quit day for then continue taking pills for as long as your doctor recommends usually for 8—12 weeks.
- Take the first dose as soon as you wake up. Take the second dose 8 hours later. This will decrease trouble sleeping. Try to link taking the pills to something you automatically do - like getting out of bed to help you remember. *If you miss a pill wait until the next dose— Do not double up.*
- You may notice dry mouth. Sometimes drinking lots of water can help with this.
- You may feel a little 'spacey' or 'angry' the first few days. This usually gets better so try hanging in there and check with your doctor if it continues to bother you.

**Don't stop using Zyban before the recommended time.**

- Even if you feel better in a couple of days, continue to use Zyban. It will keep you comfortable and reduce cravings while you learn other things to do instead of smoking. It is important to use Zyban for the full 8 to 12 weeks as recommended.

**Don't smoke cigarettes when using Zyban.**

- Smoking cigarettes while using Zyban may prevent you from quitting smoking. If you continue to smoke or have urges to smoke while using the nicotine patch or Zyban, you may need to add nicotine gum or lozenges to keep the cravings down. Consult with your doctor, or cessation counselor right away. If you can't reach them, try calling the California Smoker's Helpline at **1-800-NO-BUTTS**.

**Zyban is usually not used for people who . . .**

- Have a seizure disorder, now or in the past.
- Have a history of a severe head trauma.
- Have a severe eating disorder.
- Withdraw from alcohol or drugs at the same time.
- Use another form – Bupropion.
- Use an MAO inhibitor in the last 14 days.
- Are nursing.

**Do NOT use Zyban without a doctor's specific recommendation if you have any of the above conditions.**

# Do, do, do...

- Talk to someone who can support you, if you have a slip and pick up a cigarette. Try not to feel bad. This is a hard process. Try to stop smoking immediately.
- Call your doctor if you are having any problems using Zyban.

**Most importantly . . .**

Take good care of yourself!  
deep breathing  
**breaks** music  
asking for  
help **and** support

Call **1-800-NO-BUTTS** for FREE help and support



## Warning !!!

In rare cases Zyban may be linked to mental health problems like mood changes, erratic behavior and suicidal thoughts in some users. If you are taking Zyban and have any of these problems you should stop taking Zyban and contact your doctor right away.

A small number of people may experience an increase in blood pressure while taking Zyban especially if the person is also on the nicotine patch. Have your blood pressure checked while taking Zyban. Have your blood pressure checked if you have symptoms of high blood pressure such as headaches, pounding etc.

Do not take Zyban less than 8 hours apart. If you have trouble sleeping on Zyban, take your first pill as soon as you wake up and the second pill 8 hours later. If this does not help, talk to your doctor about decreasing the dose.

**If you are having any of these symptoms, stop using Zyban and talk to your health care provider .**

