

Knowledge, Motivation, Coping skills

Zyban® (bupropion HCl)

This is a chargeable service at UNH Health Services

Zyban® is a non-nicotine product for smoking cessation. It works to decrease withdrawal symptoms and urges to smoke by blocking the reuptake of the neurotransmitters dopamine and norepinephrine. It is a prescription medication, so you must obtain a prescription from a health care provider

Zyban® is not for you if you:

Have history of seizures, eating disorders, head trauma or heavy alcohol use.
Are a pregnant or breastfeeding woman.

How do you use Zyban®?

1. Start medication 7-14 days before your selected quit date.
2. Take one tablet (150mg) in the morning for 3 days.
3. After the three days, increase to one tablet twice a day, with doses at least 8 hrs apart. This is the maximum dose.
4. Continue for 7-12 weeks after quit date.

Success rate?

Your chance of quitting with Zyban® relies on your commitment to quit. In short and long term studies, Zyban® was significantly more effective than sugar pills in helping patients stop smoking. Participation in a counseling or other support program will also increase your chance of success.



Side Effects

Restlessness, agitation, dizziness, dry mouth, difficulty sleeping, headache, nausea, vomiting, constipation, change in weight, tremors, skin rash, increased blood pressure

More serious possible side effects

Mental/mood changes, palpitations, seizures

REMINDER

*Drinking alcohol while taking Zyban®
can increase your risk of seizures

*Zyban® may be used in conjunction with the patch,
under the supervision of your health care provider.
you cannot smoke at any time.

Source: Medi-Span, Inc. 2002. All Rights Reserved
Zyban® GlaxoSmithKline manufacturer product information
Information composed by Rebecca Story, Graduate Student

 **AMERICAN
LUNG
ASSOCIATION**
of New Hampshire