

## What Is Zyban®?

Zyban® (bupropion) is a prescription drug and quit smoking aid.

- Also sold as Wellbutrin®, an anti-depressant
- Does not have nicotine
- Can reduce withdrawal symptoms, like anger, low mood, anxiety, and cravings
- Some health plans may cover the cost



## How to Get Started

Talk with your doctor before using Zyban®, 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 abruptly
- Have a history of:
  - Seizure disorder or epilepsy
  - An eating disorder, like anorexia
  - Heart issues or high blood pressure

## Dose and Schedule

Zyban® comes in 150 mg pills. Most doctors prescribe it for 7-12 weeks.

- Start taking it 1-2 weeks before your quit date.
- Take one pill each morning for 3 days.
- After 3 days, take pill in the morning and one 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 Zyban® 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 Zyban® affects you.
- If Zyban® makes it hard for you to sleep, do not take it close to bedtime.
- If you relapse, keep taking Zyban® 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 Zyban® and call your doctor right away if you feel more agitated or depressed, or have suicidal thoughts during or after use.

**Call to Get FREE help to quit smoking today!**  
**English: 1-800-QUIT-NOW (1-800-784-8669)**

GlaxoSmithCline (2017). Highlights of Prescribing Information.

American Academy of Family Physicians. (2016). Pharmacologic Product Guide: FDA-Approved Medications for Smoking Cessation.