

Zyban

WARNING: There is a chance that 1 out of every 1000 people taking Zyban will have a seizure. The chance of this happening increases if you:

- Have a seizure disorder (such as epilepsy)
- Have or have had an eating disorder (such as bulimia or anorexia)
- Take more Zyban than prescribed by your provider
- Take other medications with the same active ingredient that is in Zyban such as Wellbutrin (bupropion hydrochloride) and Wellbutrin SR

What is it?

Zyban is a medication that can help people quit smoking. Studies have shown that more than one-third of people quit smoking for at least 1 month while taking Zyban and *taking part in a patient support program*. For many people, Zyban can reduce withdrawal symptoms and the urge to smoke.

Inform your provider if:

- You have a seizure disorder (such as epilepsy)
- You have or have had an eating disorder (such as bulimia or anorexia)
- You are taking Wellbutrin or Wellbutrin SR (bupropion hydrochloride)
- Are allergic to bupropion hydrochloride, Wellbutrin, or Zyban
- Are taking or recently took a monoamine oxidase inhibitor (MAOI)
- Are pregnant, trying to become pregnant, or breastfeeding

Use:

- Take one 150mg pill in the morning for the first three days
- On the fourth day, take one 150mg pill in the morning and one 150mg pill in the early evening. Make sure the doses are at least 8 hours apart.
- Pills must be swallowed whole. Do not chew, crush, or cut pills.
- Never take an "extra" dose of Zyban. If you miss a dose, wait and take your next dose at the scheduled time.
- Most people take Zyban for 7-12 weeks.
- It takes about 1 week for Zyban to reach the right level in your body to aid in quitting smoking. Set a quit date sometime in the second week of use.
- It will not hurt you to take Zyban and smoke at the same time.
- It is best not to drink alcohol while taking Zyban.

Side effects:

- Dry mouth
- Shakiness
- Trouble sleeping
- Skin rash

Things to remember with any medication:

- Keep medications away from children.
- Store medications in a cool, dark, dry environment.
- Throw away medicine that is outdated.
- Take medicine as prescribed.