PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Drug name

-Bupropion

Strength

- 150mg extended release tablets.

How it Works

- Zyban® is an antidepressant that affects certain chemical receptors in the brain to help reduce symptoms of nicotine withdrawal (like anxiety and irritability).

How to Use

- Take one tablet once daily for 3 days and then increase to one tablet twice daily (at least 8 hours apart) starting on the fourth day.
- Quit smoking in your second week (Day 8-14) of Zyban® therapy (this will give enough time for the levels of Zyban® in your body to be high enough to work properly).
- Continue taking Zyban® for at least 7 weeks.

Important

- Swallow tablets whole with a glass of water.
- If you miss a dose and it is almost time to take your next dose, only take your next dose when you are meant to (never double up your doses).

Things to avoid

- Minimize or avoid alcohol while taking Zyban®.
- Do not crush or chew Zyban® tablets
  (It will cause too much medication to be released at one time, making you more likely to experience side effects).

Side Effects

- Like other medicines, Zyban® can cause some side effects. If they occur, they are most likely to be minor and go away after a few days. These side effects could be:

    - Headache (To help: relaxation, massages, or can try Tylenol if needed).
    - Difficulty sleeping (To help: take second dose 8 hours before bedtime).
    - Dry mouth (To help: can suck on ice cubes or chew sugarless gum)
    - Upset stomach (nausea or constipation) (To help: take with food).

- Ask your pharmacist or doctor about more information about possible side effects and how to manage them if they happen.
- If you notice anything abnormal (like changes in your mood, shakiness, fever, etc.), contact your doctor right away.

Benefits

- **Zyban can double your chances of successfully quitting.**
- You avoid harm done to yourself and others because you won't be smoking.
- By quitting smoking you save money, you smell better, you can breathe better, and you reduce your risk of developing different diseases and cancers.