

Bupropion SR

Bupropion Sustained Release (Zyban®)

Tobacco contains a very powerful, addictive drug called nicotine. Your body becomes used to the effects of nicotine. When you go without it, quit, or cut back, your body and brain need to adjust. This adjustment is called nicotine withdrawal. Withdrawal can start as soon as 30 minutes after you last used tobacco. There is medicine that can help with withdrawal and increase your chances of quitting or reducing your tobacco use.

Your healthcare provider will help you decide if this product is the best one for you, what dose you need, how long you should take it, and if you should combine it with another tobacco cessation medicine.

How does it work?

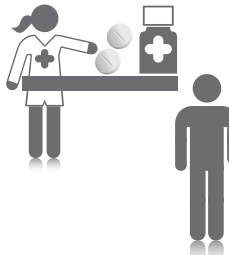
Bupropion SR (Zyban®) is an antidepressant that reduces the desire to smoke, decreases withdrawal symptoms, and reduces the weight gain sometimes seen when you quit. It is used as part of a plan to help you quit using tobacco.

If you have any other medical conditions, or are pregnant or breastfeeding, make sure you tell your doctor and your pharmacist before you start this or any other medicine.

Nicotine withdrawal can cause:

- tobacco craving
- irritability
- anxiety
- trouble concentrating
- restlessness
- sleeplessness
- depression
- increased appetite

How do I use it?



Take as directed by your doctor or pharmacist.


Calendar

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Start Medication → 1

Quit ← 12



Begin taking at least 1 to 2 weeks before you quit smoking.



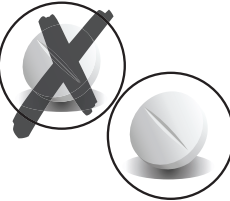
Can take with food to reduce stomach upset.

Your body may clear the caffeine in coffee, tea, pop, and energy drinks differently once you stop smoking.

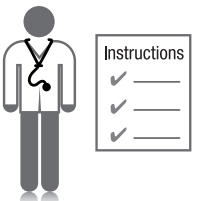
You may need to cut down or watch how much caffeine you drink once you stop smoking.



Swallow whole. Do not crush or chew tablets.



If you miss a dose, wait and take your next dose at the usual time. **Do not double up the dose.**



Once you have quit using tobacco, keep taking according to your doctor's instructions.

What else should I know?

- Do not drink alcohol with this medication.
- Store the medicine at room temperature, away from heat, moisture, and direct light.
- Keep out of reach of children and pets.
- Don't take this medicine if you are 17 or younger.

What should I watch for?

- Side effects:
 - Dry mouth, sweating, headache.
 - Weight loss.
 - Trouble sleeping or unusual dreams: take your second dose no later than 4 p.m.
 - Dizziness: do not drive or use heavy machinery until you know how this medicine affects you.
 - Depressed mood, agitation, changes in behaviour, suicidal thoughts. If you experience any of these side effects, stop taking the medication and talk to your doctor right away. This medicine has not been proven to cause these symptoms.
- Allergic reaction (for example: very bad itching, hives, swelling in your mouth, tight feeling in your chest, or trouble breathing). Stop taking and see a doctor right away.
- Speak to your pharmacist about how quitting might affect other medicine you take. Your body may respond to some medicine differently once you stop using tobacco.

Check with your doctor or pharmacist if you have any concerns about changes to your health, including depressed mood, while taking this medicine.

What else can I do?

Your chance of successfully quitting tobacco improves if you combine quit methods like medicine and supportive counselling.

AlbertaQuits is free, convenient, personalized support to quit smoking or spit tobacco.

AlbertaQuits

FREE | CONVENIENT | PERSONALIZED

albertaquits.ca

1-866-710-QUIT (7848)

ONLINE AlbertaQuits Online:



albertaquits.ca

Access member tools, interactive quit plans, and a supportive community to help you quit.

TEXT



AlbertaQuits by Text

Get quit tips and support sent straight to your smart phone. Support is just a TEXT away!

PHONE AlbertaQuits Helpline:



1-866-710-QUIT

Cessation Counsellors will help you develop a quit plan, manage cravings and stay on track.

GROUPS AlbertaQuits Groups



QuitCore offers FREE groups, run by trained leaders. Get support, share experiences and learn how to quit.