

# Patient Guide: Tobacco Cessation Therapy

## BUPROPION SUSTAINED RELEASE (SR) 150mg

Medication together with behavioral counseling gives you the best chance of quitting smoking

### What does this medication do?

Bupropion is a non-nicotine aid to help you quit smoking by reducing withdrawal symptoms. It can be taken alone or with a nicotine replacement product (generally with a nicotine gum or lozenge). Bupropion is recommended along with a tobacco cessation program in order to provide you with additional support and educational materials.

### How do I use it?

- ◆ Set a date when you intend to stop smoking (quit date). The medicine needs to be started 1-2 weeks before that date.
- ◆ Take 1 tablet daily for 3 days, then increase to 1 tablet twice daily if you tolerate it.
- ◆ Take at a similar time each day, allowing approximately 8 hours in between doses. Don't take bupropion past 5pm to avoid trouble sleeping.
- ◆ This medicine may be taken for 7-12 weeks and in some cases up to 6 months. Discuss with your provider if you need to be treated longer than 12 weeks.
- ◆ This medicine may be taken with or without food.
- ◆ If you miss a dose, skip the missed dose and take the next dose at the regular time.
- ◆ If you slip up and smoke while taking the medicine, don't give up. Continue to take the medicine and try not to smoke.

### What are the possible side effects?

- ◆ It may take a few weeks to feel the full benefits of this medicine.
- ◆ Common side effects include insomnia, dry mouth and constipation. Although uncommon, side effects such as rash, itching or hives should be reported to your provider.
- ◆ This medicine may cause dizziness. Make sure you know how you react to this medicine before you drive or use heavy machinery.
- ◆ Report and seek immediate attention if you experience a seizure.
- ◆ This medicine may cause some people to be agitated or display other abnormal behaviors. It may cause some people to become depressed or have suicidal thoughts/tendencies. Stop the medication and seek immediate attention if you notice worsening depression, suicidal ideation (suicidal thoughts or behavior), or unusual changes in behavior that are not typical of nicotine withdrawal. Contact your provider immediately if this occurs.  
**Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.**