# Patient Guide: Combination Tobacco Cessation Therapy

## BUPROPION SUSTAINED RELEASE (SR) 150mg

### Use Daily

- **What does this medication do?**
  - Bupropion is a non-nicotine aid that helps you quit smoking by reducing withdrawal symptoms. Bupropion is recommended along with a tobacco cessation program 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.
  - 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 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.

### Use As Needed

- **What are the possible side effects?**
  - It may take a few weeks to feel the full benefits of this medicine.
  - Common side effects: 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 agitation or other abnormal behaviors. It may also cause depression or suicidal thoughts/tendencies. Stop the medication and seek immediate attention if you notice worsening depression, suicidal ideation (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.

## NICOTINE PATCH 21mg, 14mg, 7mg

### Use Daily

- The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms.

### Use As Needed

- **What are the possible side effects?**
  - May cause minor burning, itching, or redness of skin.
  - If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using and remove the patch. Contact your provider right away.
  - Sleep problems or vivid dreams may occur. If this occurs, you may remove patch before you go to sleep.

**Some patients are allergic to adhesive material.**

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