

Patient Guide: Combination Tobacco Cessation Therapy

BUPROPION SUSTAINED RELEASE (SR) 150mg

NICOTINE PATCH 21mg, 14mg, 7mg

Use Daily

Use As Needed

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.

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

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.

- ◆ Begin using the patch on your quit date, 1-2 weeks after starting bupropion.
- ◆ **Apply only one (1) patch when you wake up and remove the old patch.**
- ◆ If you miss a dose, use it as soon as you can.
- ◆ Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest or back.
- ◆ Press patch firmly in place for 10 seconds so it will stick well to your skin.
- ◆ You can bathe, shower or swim while wearing the patch
- ◆ You can put tape over the patch if needed.
- ◆ Avoid wearing patch on same area more than once per week.
- ◆ Do not cut patch.
- ◆ To dispose of patch, fold the old patch in half with the sticky sides together and throw it in regular trash away from children or pets.
- ◆ Remove patch before a magnetic resonance imaging (MRI) procedure.
- ◆ If you slip up and smoke, continue using the patch 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: 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.

- ◆ 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.**

Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.

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