

Zyban (Bupropion) Client Fact Sheet
Western Cheshire Primary Care Trust
Stop Smoking Service

2009

*May 2009
rev1*

What is it?

Zyban is a prescription only medication. Your GP will decide if it's suitable for you to use and it can only be used by adults over 18.

Originally used as an antidepressant in the United States, Zyban was the first non-nicotine medication licensed for use in helping smokers to quit. It is thought that Zyban interacts with the neuro-chemicals in the brain that are involved in the development of tobacco dependence.

It is **NOT** a miracle cure. You must be motivated to stop and attend weekly support sessions provided by the stop smoking service.

It is normally an 8 week course.

Zyban must NOT be used if:

- You are under 18 years old
- You are pregnant or breast-feeding
- You have a history of eating disorders
- You have epilepsy, a history of seizures, or severe head trauma
- You have a history of bipolar disorder or antidepressant use.

Zyban must be used **WITH CAUTION** by older people and if you have:

- A history of alcohol abuse
- Impaired kidney & liver function
- Diabetes

Side Effects

If a rash appears while you are taking Zyban stop the course immediately.

Insomnia, dry mouth, headache, agitation/anxiety, sweating, itchy/runny nose, dizziness, constipation, vomiting, diarrhoea, nausea, abdominal pain, visual disturbances, fever, chest pain, loss of concentration, depression and increased risk of seizure (fit) 1 in 1000 people.

It may also interact with some medications.

For most people the side effects are mild and should wear off after about 2 weeks. Persistent or severe symptoms should be reported to your GP/Pharmacist or Stop Smoking Advisor

Dosage

Before you start your course of Zyban you should decide on a quit date in the second week of treatment (between day 8 and 14) when you will stop smoking.

Days 1 to 6

Take **ONE** 150mg tablet **ONCE** daily

Days 7 to end of treatment

Take **ONE** 150mg tablet **TWICE** daily

If you forget to take Zyban do not take a double dose. It is important that you take it regularly at the same time each day.

The tablets must be taken at least 8 hours apart but no more than 12 hours.

Tablets must be swallowed whole, not chewed or broken.

It is usual to continue smoking for up to 14 days once you begin Zyban, to allow the drug to reach an effective level within the body.

Please read the information leaflet supplied with the tablets for full details.