

Bupropion SR for quitting tobacco

About bupropion SR

Bupropion SR is a prescription medicine used to help people quit tobacco. Bupropion SR doesn't contain nicotine, but it can help reduce withdrawal symptoms and help people overcome the urge to use tobacco. We believe bupropion SR works best when used with a program that teaches you to change habits so you can live without nicotine. The Quit For Life® Program helps patients learn these skills.

To contact Quit For Life, call toll-free 1-800-462-5327.

Who should NOT take bupropion SR

There is a small risk of seizure for people using bupropion SR. You are at an increased risk and should NOT use bupropion SR if you:

- Have a seizure disorder, such as epilepsy.
- Have or have ever had an eating disorder, such as bulimia or anorexia nervosa.
- Have a problem with alcohol overuse.
- Take other medicine that contains the active ingredient bupropion hydrochloride, such as Wellbutrin®.

In addition, you **should not** take bupropion SR if you:

- Currently take, or have recently taken, a medicine called monoamine oxidase inhibitor (MAOI).
- Are allergic to bupropion.
- Are breastfeeding.

Tell Quit For Life® or your doctor if you any of these conditions apply to you.

If you are pregnant or planning to become pregnant, talk to your doctor to make sure that bupropion SR is the best medicine for you.

How to use bupropion SR

- Most people are prescribed bupropion SR for 8 weeks.
- To increase your chances of quitting tobacco, it is best to take bupropion SR for at least one week before you stop using tobacco.
- Set your official "quit date" during your second week of taking bupropion SR.
- Most people start bupropion SR by taking one 150 mg tablet every morning.
- Swallow the tablet whole. Do not chew, divide, or crush the tablet.
- Take bupropion SR only as directed by Quit For Life® or your doctor. Never take extra doses of bupropion SR.
- If you forget to take a dose, do not take an extra tablet to catch up. Wait to take your next dose at your regularly scheduled time.

Taking extra doses or more medicine than prescribed increases your risk for seizure.

Common side effects

The most common side effects of using bupropion SR are dry mouth and problems sleeping. These are generally mild and often disappear after a few weeks. If your mouth is dry, sucking on sugar-free hard candy or drinking more liquids might help.

Other common side effects include:

- Headache
- Constipation
- Shakiness
- Nausea
- Dizziness
- Increased sensitivity to the sun
- Agitation, irritation, anxiousness

Serious side effects, although very rare, could include seizures (loss of consciousness).

If you have a seizure while taking bupropion SR call your doctor's office immediately. Stop taking the medicine.

Precautions

To reduce your risk of injury and other health concerns, we recommend taking the following precautions while using bupropion SR.

- Contact your doctor if you experience signs or symptoms of depression, suicidal thoughts, nervousness, emotional ups and downs, abnormal thinking, anxiety, or lack of interest in life.
- Find out how bupropion SR affects your reflexes before you drive a motor vehicle or operate hazardous machinery.
- Avoid drinking alcohol while taking the medicine. If you drink a lot of alcohol and then suddenly stop, it increases your risk of seizure. If you do use alcohol, discuss it with your doctor before you begin taking bupropion SR.
- Avoid using tobacco while taking the medicine. Although it is not dangerous, continuing to use tobacco after your "quit date" seriously reduces your chance of breaking your nicotine habit.
- If you are using a nicotine patch and bupropion SR at the same time, only do so under the supervision of a health care professional. Using these therapies at the same time can cause high blood pressure.

The information presented in this pamphlet is not intended to diagnose health problems or to take the place of professional medical care.