

Patient Guide: Combination Tobacco Cessation Therapy

BUPROPION SUSTAINED RELEASE (SR) 150mg

NICOTINE GUM 2mg

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 gum has nicotine to help you with breakthrough cravings. It is used only as needed for withdrawal symptoms after you try behavioral strategies.

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 gum on your quit date, 1-2 weeks after starting bupropion.
- ◆ **Chew and Park** the gum.
- ◆ **Chew:** Unlike regular gum, chew slowly until you have a peppery or a slight tingling in your mouth.
- ◆ **Park** the gum between your cheek and gum. Leave it there for about one (1) minute to absorb until taste or tingle is gone.
- ◆ Repeat the steps of **Chew and Park** until the taste or tingle is gone.**
- ◆ Do not eat or drink 15 minutes before and during use. Doing so may prevent the gum from working correctly.
- ◆ First week: Use for breakthrough cravings. Do not exceed 24 pieces per day.
- ◆ Each week after: Self-assess and slowly decrease use.
- ◆ Can substitute with sugar-free gum or candy.
- ◆ Always carry gum with you.
- ◆ If you slip up and smoke, continue using the gum and try not to smoke.

** One piece of gum lasts 20-30 minutes

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.

- ◆ May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea and vomiting.
Proper gum use can help to avoid these side effects.
- ◆ If you have any intolerable side effects, please stop the gum and contact your provider.

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