

Patient Guide: Combination Tobacco Cessation Therapy

BUPROPION SUSTAINED RELEASE (SR) 150mg

NICOTINE LOZENGE 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 lozenge 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 lozenge on your quit date, 1-2 weeks after starting bupropion.
- ◆ Let the lozenge **dissolve** in the mouth near your cheek and gum.
- ◆ Rotate lozenge to different parts of the mouth.**
- ◆ Do not chew or swallow the lozenge.
- ◆ Do not eat or drink for 15 minutes before and during use. Doing so may prevent the lozenge from working correctly.
- ◆ First Week: Use for breakthrough cravings. Do not exceed 20 per day.
- ◆ Each week: Self assess and slowly decrease lozenge use.
- ◆ Can substitute with sugar-free gum or candy.
- ◆ Always carry lozenges with you.
- ◆ If you slip up and smoke, continue using the lozenges and try not to smoke.

****One lozenge lasts 20–30 minutes (one mini-lozenge lasts 10-15 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 indigestion, upset stomach, nausea, hiccups, headache, mouth irritation and difficulty sleeping.
Proper lozenge use can help to avoid these side effects.
- ◆ If you have any intolerable side effects, please stop use and contact your provider.

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