

BUPROPION SUSTAINED RELEASE (SR) 150 mg

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

WHAT DOES THIS MEDICATION DO?

Bupropion is a non-nicotine aid used to help you stop tobacco use by reducing withdrawal symptoms. Participating in behavioral counseling while using this medication will increase your likelihood of staying tobacco-free.

HOW DO I USE IT?

- Set a date on which you intend to stop tobacco use (quit date). The medicine needs to be started at least 1-2 weeks before your intended stop date.
- Take 1 tablet daily for 3 days, then increase to 1 tablet twice daily if you tolerate it.
- To increase your chances of stopping tobacco, your provider may recommend to use with nicotine replacement therapies such as nicotine lozenges or nicotine gum. The nicotine replacement therapies may be started on the intended quit date.
- Take at a similar time each day, allowing approximately 8 hours in between doses. Don't take this medication past 5pm to avoid trouble sleeping.
- This medicine may be taken for 7-12 weeks and in some cases up to 6 months. Discuss with your provider if you need to be treated longer than 12 weeks.
- It may take a few weeks to feel the full benefits of this medicine.
- 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 use tobacco while taking the medicine, don't give up. Continue to take the medicine and try not to use tobacco. Call your VA provider, the **1-855-QUIT-VET** tobacco quitline (**1-855-784-8838**), or attend a tobacco cessation group to help you get back on track.

Sample schedule of bupropion usage for the first 2 weeks

	Day 1-3	Day 4-7	Day 8-14 Quit Day*	After Day 14*
9 AM	150 mg pill	150 mg pill	150 mg pill	150 mg pill
5 PM	–	150 mg pill	150 mg pill	150 mg pill

**Set your quit date between day 8 and day 14. Continue taking bupropion for 8-12 weeks as advised by your provider.*



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WHAT ARE THE POSSIBLE SIDE EFFECTS?

- This medicine may cause dizziness, lightheadedness or fainting. Make sure you know how you react to this medicine before you drive or use heavy machinery.
- Common side effects include insomnia, dry mouth, constipation, decreased appetite, ringing in the ears, sweating and tremors. Although uncommon, side effects such as severe headache, rash, itching or hives may occur and should be reported to your healthcare provider.
- In rare cases, bupropion use may increase risk of seizure. If you experience a seizure, seek immediate medical attention, stop bupropion use, and report it to your healthcare provider.
- There have been rare reports of increased symptoms of depression, mood changes, and suicidal ideation among patients who use bupropion. If you experience any of these effects, please stop using bupropion and contact your healthcare provider immediately.

If you are in crisis, call: 988 or 1-800-273-TALK and press 1 to talk to someone now.

