### Use Daily

**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.

**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.

### Use As Needed

**What does this medication do?**

The patch will release small, but continuous amounts of nicotine through the skin. This helps to decrease withdrawal symptoms.

**How do I use it?**

- Begin using the patch on your quit date, 1-2 weeks after starting bupropion.
- **Apply only one (1) patch when you wake up and remove the old patch.**
- If you miss a dose, use it as soon as you can.
- Peel the back off the patch and put it on clean, dry, hair-free skin on your upper arm, chest or back.
- Press patch firmly in place for 10 seconds so it will stick well to your skin.
- You can bathe, shower or swim while wearing the patch.
- You can put tape over the patch if needed.
- Avoid wearing patch on same area more than once per week.
- Do not cut patch.
- To dispose of patch, fold the old patch in half with the sticky sides together and throw it in regular trash away from children or pets.
- Remove patch before a magnetic resonance imaging (MRI) procedure.
- If you slip up and smoke, continue using the patch and try not to smoke.

### What are the possible side effects?

**Common side effects:**

- Insomnia
- Dry mouth
- Constipation
- Rash
- Hives

**Other side effects:**

- Dizziness
- Seizure
- Agitation
- Depression
- Suicidal thoughts/tendencies

**Skin irritation:**

- May cause minor burning, itching, or redness of skin.
- If you have skin irritation more than 4 days or if you have severe burning or hives, stop using and remove the patch. Contact your provider right away.

**Sleep problems or vivid dreams:**

- May occur. If this occurs, you may remove patch before you go to sleep.

**Allergic reaction:**

- **Some patients are allergic to adhesive material.**

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**Call the Veterans Crisis Line at 1-800-273-8255 and Press 1.**

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**May 2013**