

WHAT YOU SHOULD KNOW ABOUT WELLBUTRIN (BUPROPION)

Wellbutrin (Bupropion- generic) is a safe pill that you take for 8-12 weeks that has helped thousands of people quit smoking. It requires a prescription from your doctor. It is covered by Medi-Cal and Medicare Part D. Wellbutrin (Bupropion) will lower cravings and withdrawal symptoms. It also delays and possibly decreases weight gain. Wellbutrin (Bupropion) may be helpful for people with histories of depression. It will help you feel better while you are in the process of quitting.

GETTING READY TO USE WELLBUTRIN (BUPROPION)

1. Talk to your doctor about using Wellbutrin (Bupropion), especially if you

- Have a seizure disorder, now or in the past.
- Have a history of severe head trauma.
- Have a severe eating disorder.
- Withdraw from alcohol or drugs at the same time.
- Used an MAO inhibitor in the last 14 days.
- Are nursing

Do NOT use Wellbutrin (Bupropion) without a doctor's specific recommendation if you any of the above conditions.

2. Get Wellbutrin (Bupropion) in the proper amount before you quit smoking

- Start taking Wellbutrin (Bupropion) 1-2 weeks before you quit so you have some help even before you quit.
- Wellbutrin (Bupropion) comes in 150 mg tablets. Wellbutrin (Bupropion) may come in a 30 day supply. Be sure to get more before you run out.



Day	Dose
Day 1-3	1 tablet
Day 4 and on (8-12 weeks)	2 tables, 8 hours apart

HOW DO I USE WELLBUTRIN (BUPROPION)?

Before taking Wellbutrin (Bupropion) read all of the instructions carefully. If you have any questions, talk to your health care provider.

- Take the first dose as soon as you wake up. Take the second dose 8 hours later. This will decrease trouble sleeping. Try to link taking the pills to something you automatically do - like getting out of bed to help you remember. If you miss a pill wait until the next dose— Do not double up.
- You may notice dry mouth. Drinking lots of water can help with this. Use mints or gum.

- You may feel a little ‘spacey’ or ‘agitated’ the first few days. This usually gets better, so try hanging in there and check with your doctor if it continues to bother you.

Tips

- **Don’t stop using Wellbutrin (Bupropion) before the recommended time.** Even if you feel better in a couple of days, continue to use Wellbutrin (Bupropion). It will keep you comfortable and reduce cravings as you are quitting. It is important to use Wellbutrin (Bupropion) for the full 8 to 12 weeks as recommended.
- **Don’t smoke cigarettes when using Wellbutrin (Bupropion).** Set your quit date for a week to two weeks after you start taking Wellbutrin (Bupropion). Smoking cigarettes while using Wellbutrin (Bupropion) may prevent you from quitting smoking. If you continue to smoke or have urges to smoke while using Wellbutrin (Bupropion), you may need to add nicotine gum or lozenges to keep the cravings down. Consult with your doctor, or cessation counselor right away.
- Do not take Wellbutrin (Bupropion) less than 8 hours apart. If you have trouble sleeping on Wellbutrin (Bupropion), take your first pill as soon as you wake up and the second pill 8 hours later. If this does not help, talk to your doctor about decreasing the dose.
Or ask your Provider for Wellbutrin SR, the sustained release pill that you take once a day.

Side Effects of Wellbutrin (Bupropion)

In rare cases Wellbutrin (Bupropion) may be linked to mental health problems like mood changes, erratic behavior and suicidal thoughts in some users. If you are taking Wellbutrin (Bupropion) and have any of these problems you should stop taking Wellbutrin (Bupropion) and contact your doctor right away. A small number of people may experience an increase in blood pressure while taking Wellbutrin (Bupropion) especially if the person is also on the nicotine patch. Have your blood pressure checked while taking Wellbutrin (Bupropion). Have your blood pressure checked if you have symptoms of high blood pressure such as headaches, pounding etc.

If you are having any of these symptoms, stop using Wellbutrin (Bupropion) and talk to your health care provider.