

What is Bupropion Hydrochloride (Zyban)?

Bupropion Hydrochloride is a prescription only tablet that helps smokers with their quit attempt. It is an alternative to nicotine replacement therapy (NRT). It does not contain nicotine.

How does it work?

- It moderates the levels of dopamine and noradrenaline in the brain so that cravings and withdrawal symptoms are controlled.
- It reduces the satisfaction a smoker receives when smoking a cigarette.

How do I get Bupropion Hydrochloride (Zyban)?

People who are considering Zyban as a medication to support their quit attempt will be given information and a suitability assessment. They will then be required to see their own GP who will assess their medical history and make a final decision on prescribing. Regular monitoring and support by a health professional and stop smoking advisor throughout the course of treatment is required.

Who cannot use this medication?

Bupropion Hydrochloride is a non-nicotine based product and is not recommended for use:

- in pregnant women;
- in nursing women;
- for those aged under 18 years of age
- for people with severe liver disease
- people who have manic depression/bipolar disorder
- Eating disorders
- people with acute alcohol and benzodiazepine withdrawal
- for people with a history of epilepsy

It should be used with caution for people with diabetes, history of head trauma, the elderly, and alcohol abuse.



How to use Bupropion Hydrochloride

Bupropion Hydrochloride is taken whilst you are still smoking and you will set a date to stop smoking between days 7 to 14.

It's recommended that you swallow the tablet whole with a glass of water at meal times to prevent nausea.

Days 1-6= 150mg tablet once daily

Days 7 onwards to end of treatment course = 150mg tablet twice daily (eight hours between each tablet)

Total treatment duration is 8 weeks

Do not take a double dose to make up for a forgotten tablet.



It is recommended that Blood pressure is measured prior to beginning treatment and throughout the course of treatment. Treatment should be discontinued if a clinically significant increase in blood pressure is recorded.

Stopping smoking with or without medication may cause withdrawal symptoms such as changes in mood, sleeplessness, difficulty in concentration, changes in appetite and bowel movements.

Always read the leaflet that comes with the product

Adverse effects can include:

- Unusual dreams/difficulty sleeping
- Headache
- Skin rash
- Trembling
- Taste disturbance/dry mouth
- Dizziness/drowsiness

You should not drive, operate machinery or engage in other potentially hazardous activities until you know whether this medication affects your ability to perform the activities.