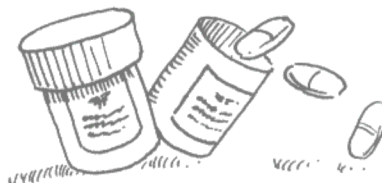


Zyban® (bupropion) is a prescription drug used as an aid to quit smoking. It is a form of the anti-depressant Wellbutrin®. It does not contain nicotine. It helps with changes in brain chemistry that may occur when you quit smoking. It may reduce withdrawal symptoms such as irritability, frustration, anger, difficulty concentrating, restlessness, depressed mood, anxiety, and cravings.



Obtaining Zyban®:

Zyban costs approximately \$135 for a 30-day supply. The total price depends on the length of time it's used. Some insurance companies will cover the cost but may require a doctor's prescription and enrollment in a smoking cessation program.

Getting the Right Dose:

Talk with your doctor first: GlaxoSmithKline, the maker of Zyban, recommends starting with a 150 mg. tablet once a day for 3 days. After that, take a 150 mg. tablet in the morning, and another one in the early evening (at least 8 hours apart) for the rest of the program.

Getting Started:

Unless otherwise directed by your doctor, start taking Zyban 1-2 weeks **before** your quit date to allow it to take full effect.

Tips for Proper Use:

Take Zyban exactly as your doctor recommends. Do not chew, cut, or crush tablets. If you miss a dose, do not take another or "double dose" to make up for it. Wait to take the next tablet at the regular time. According to GlaxoSmithKline, it is not necessary to cut down your dosage when you are near the end of your program.

The Right Schedule:

A 7 to 12 week program is often prescribed, although doctors recommend different lengths of time on Zyban. It can also be taken while using nicotine gum or patches, however, this combination may raise blood pressure. Talk with your doctor about what will be best for you.

Potential Problems:

- Side effects may include mild dry mouth, shakiness, skin rash, and mild sleeping problems (taking earlier in the evening can help with sleeping problems). There is a risk of seizures with high doses of Zyban. The risk may be higher for patients with seizure disorders, anorexia nervosa, or bulimia, or for those withdrawing from alcohol.
- Using while pregnant or nursing may cause problems. Talk with your doctor first.
- There can be harmful drug interactions with medications like MAO inhibitors or other drugs that contain bupropion hydrochloride. Ask your doctor or pharmacist about how Zyban may interact with medications or supplements you are taking or have taken recently.
- Use caution while driving until you know if Zyban affects your ability to drive.

Remember:

You're doing the work, not the Zyban. Zyban is just a tool to help. Make sure you plan for trigger situations. And give yourself credit for every day you don't smoke!