

Bupropion SR

What Is Bupropion SR?

Bupropion SR (bupropion) is a prescription drug and quit smoking aid.

- Also sold as Wellbutrin®, an anti-depressant
- Does not have nicotine
- Can reduce withdrawal symptoms, like anger, low mood, anxiety, and cravings
- Some health plans may cover the cost



How to Get Started

Talk with your doctor before using Bupropion SR, especially if any of these apply to you:

- Pregnant or breastfeeding
- Taking anything with bupropion or MAO inhibitors
- Drinking a lot of alcohol or stopped abruptly
- Have a history of:
 - » Seizure disorder or epilepsy
 - » An eating disorder, like anorexia
 - » Heart issues or high blood pressure

Dose and Schedule

Bupropion SR comes in 150 mg pills. Most doctors prescribe it for 7-12 weeks.

- Start taking it 1-2 weeks before your quit date.
- Take one pill each morning for 3 days.
- After 3 days, take pill in the morning and one in the evening (at least 8 hours apart).
- If you miss a dose, just skip it and continue with your regular dose schedule. Do not double dose

Tips for Use

- Do not chew, cut, or crush pills.
- You may take the pill with or without food.
- You can use Bupropion SR and nicotine gum or patches at the same time, but this may make your blood pressure go up.
- Be careful driving until you know how Bupropion SR affects you. If Bupropion SR makes it hard for you to sleep, do not take it close to bedtime.
- If you relapse, keep taking Bupropion SR and get right back to quitting.

Side Effects

Common side effects include:

- » Stuffy nose
- » Dry mouth
- » Dizzy feeling
- » Anxiety
- » Nausea
- » Constipation
- » Joint aches
- » Trouble sleeping

Stop taking Bupropion SR and call your doctor right away if you feel more agitated or depressed, or have suicidal thoughts during or after use.

A quit aid is just a tool. Give yourself credit for all the hard work YOU do!

**Call for FREE help to quit smoking!
1-800-300-8086**

¹ GlaxoSmithCline (2017). Highlights of Prescribing Information.

² American Academy of Family Physicians. (2016). Pharmacologic Product Guide: FDA-Approved Medications for Smoking Cessation.