

# Medication Information

## Bupropion (Boo – pro – pe – on)

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### Other names for this medication

Wellbutrin®  
Zyban®

There are many other names for this medication.

### How this medication is used

This medication improves mood and treats depression. It helps balance chemicals in the brain.

It may take up to 4 weeks or more before you get the full effect of this medication.

This medication is also used to help stop smoking. It helps lessen the effects of nicotine withdrawal, making it easier to stop smoking. Make a plan with your health care provider. Ask your health care provider for a copy of “Medications to help you quit smoking” or go to [www.hhsc.ca/pedl](http://www.hhsc.ca/pedl) and search for the term “quit smoking”.

You may use nicotine products with bupropion.

### How to take this medication

Take this medication exactly as directed by your health care provider.

This medication does not mix well with alcohol in your body. Ask your health care provider about drinking alcohol such as wine, beer and liquor while taking this medication.

Swallow the tablet whole with a full glass of water or fluid. Do not crush, chew or suck tablets.

## **How to take this medication (continued)**

If you take this medication once a day, take it in the morning after breakfast.

If you are taking it 2 times a day, take the first dose in the early morning between 6:00 a.m. and 8:00 a.m. Take the next dose 8 hours later. There should be at least 8 hours between the first and second doses.

Avoid taking this medication within 6 hours of going to bed.

If you miss a dose of this medication, take it as soon as possible. However, if it is less than 8 hours until the time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

## **While taking this medication you may notice**

- headache
- trouble sleeping
- dry mouth
- stuffy nose
- nausea
- constipation
- appetite changes
- increased sweating
- ringing in the ears
- dizziness
- nervousness
- taste changes

To help dry mouth, try sucking sugar-free candy or chewing sugar-free gum. Sucking on ice chips also helps if you are not on a limited fluid diet. Good care of your teeth is very important at this time.

## **While taking this medication you may notice (continued)**

To prevent constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Foods high in fibre include whole grain products, vegetables and fruit.

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

## **Contact your health care provider if you notice**

- skin rash
- your heart beat is faster than normal
- severe trouble sleeping
- mood changes unusual for you
- signs of seizure such as jerky, uncontrollable movements, seeing or hearing things that are not there or staring spells when you feel you lose the ability to pay attention. Seizures are very rare.
- behavioural or emotional changes, including thoughts of self-harm or suicide