

Bupropion patient information



What is bupropion?

Bupropion is a medicine that is used to help you stop smoking. It works by reducing your urge to smoke and the severity of withdrawal symptoms.

How should I take bupropion?

1. Start taking bupropion while you are still smoking.
 2. Choose a quit date when you will stop smoking ideally within the second week of taking bupropion. Make sure you try to stop smoking on your quit date. If you slip-up and smoke, try again.
 3. Keep taking bupropion for at least seven weeks. Your doctor may then decide that you should continue to take bupropion for longer. If you have not been able to stop smoking after seven weeks, your doctor may advise you to stop taking bupropion, as it is unlikely to work for you during this stop smoking attempt.
- Swallow tablets whole with a full glass of water.
 - Take bupropion with or without food.
 - Allow at least eight hours between doses.
 - Do not take your evening dose too close to bedtime as this may keep you awake.

What should I do if I forget to take a dose?

Take the missed dose as soon as possible (allow at least eight hours between doses). If it is nearly time for your next dose, skip the missed dose and take the next dose at the right time. Do not take two doses at the same time.

Side effects of bupropion

Side effect	What should I do?
Dry mouth, sore throat, nausea (feeling sick), loss of appetite, headache.	These are quite common when you first start taking bupropion. Tell your doctor if troublesome.
Sleep problems, difficulty falling asleep.	This is common when you first start taking bupropion but goes away with time. Avoid taking your evening dose too close to bedtime.
Feeling sleepy, drowsy or tired during the day; poor concentration.	Be careful when driving or using tools until you know how this medicine will affect you. You will have a greater risk of falls and injuries, especially if you are elderly. Talk to your doctor if you are concerned. Limit alcohol intake.
Anxiety, agitation.	Tell your doctor.
Skin rash, itching, swelling of lips, face and mouth or difficulty breathing.	Stop taking bupropion. Tell your doctor immediately .
Epileptic seizures or fits.	Bupropion can increase the risk of epileptic seizures or fits. These are rare but you need to tell your doctor immediately if these occur.
Depression, suicidal thoughts.	Tell your doctor immediately .
Fast or irregular heartbeat; muscle twitching or shaking you cannot control, confusion, heavy sweating, fever.	Tell your doctor immediately .

Other information

- Tell your doctor if you have kidney, heart or liver problems or bipolar disorder.
- Tell your doctor if you are pregnant, planning to become pregnant or breastfeeding.
- Tell your doctor if you have had epilepsy, a seizure (fit or convulsion) or an unexplained blackout.
- Tell your doctor if you have a history of an eating disorder.
- Some medications may interact, so it is important to tell your doctor or pharmacist that you are taking bupropion when buying over the counter medications or starting on a new medication.