

PHARMACY

Drug Information

Bupropion

For Smoking Cessation

What is Bupropion?

- Bupropion is an oral medication that helps you quit smoking.
- It may help to relieve cravings that are commonly experienced when one stops smoking.

How is Bupropion Taken?

- Set a date to quit smoking and inform your doctor/pharmacist of your quit date. Start taking Bupropion as prescribed by your doctor one week before your quit date.
- The usual dosing schedule is shown below. Please note that the dose may vary depending on your other medical conditions.

Day 1 to Day 3	150mg sustained-release tablet once daily
Day 4 onwards	150mg sustained-release tablet twice daily

- Swallow the tablet whole; do not crush, chew or split them.
- If you have to take Bupropion two times a day, take the first dose in the morning and the second dose at least eight hours later, preferably in the late afternoon or early evening.
- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose (Four hours before your next dose), skip the missed dose and take only the usual dose. Do not double the dosage to make up for the missed dose.
- Treatment with Bupropion usually lasts for 12 weeks.

Can Bupropion Be Taken With Other Medications?

- Bupropion may interact with other medications such as theophylline, tramadol or mood-altering medications. Doses of these medications may need to be adjusted after you start Bupropion.
- Do not consume alcohol during treatment as bupropion may interact with alcohol and increase the risk of seizures or fits
- Please inform your doctor or pharmacist if you are using other medications including supplements, traditional or herbal remedies or other treatments that help you quit smoking.

What are the Important Side Effects of Bupropion?

- This medication will help you to quit smoking, although it may result in side effects.
- It is important that you recognise the side effects and know how to manage them.

Side Effect	Management
Nausea/ Vomiting	<ul style="list-style-type: none"> • Take the medication with or after food. • Take small, frequent meals. • Avoid high fat or spicy food. • Inform your doctor or pharmacist if these symptoms persist.
Dry mouth	<ul style="list-style-type: none"> • Suck on sugar-free hard candies or ice chips, or sip water regularly.
Constipation	<ul style="list-style-type: none"> • Drink more water (if you do not have any fluid restriction), eat more high fiber foods, and exercise regularly. • Inform your doctor or pharmacist if this symptom persists.
Difficulty sleeping	<ul style="list-style-type: none"> • Maintain good sleep hygiene by avoiding: <ul style="list-style-type: none"> - Naps in the day - Stimulating activities at night - Caffeine intake - Using the bedroom for activities other than sleep so that the body associates it with rest • Listen to relaxing music at bedtime. • Avoid taking the last dose near bedtime. • Inform your doctor or pharmacist if this symptom persists.
Mild nervousness	<ul style="list-style-type: none"> • This may occur at the start of the treatment and improve over time.
Increase in blood pressure and heart rate	<ul style="list-style-type: none"> • Your blood pressure and heart rate will be monitored when you come to the clinic. If you have a blood pressure monitoring machine at home, you can measure your blood pressure and heart rate every day. Record it in a book and pass it to your doctor or pharmacist for review when you come to the clinic.

	<ul style="list-style-type: none"> • Remember to continue your medications for high blood pressure and heart rate, if any.
Unintentional weight changes	<ul style="list-style-type: none"> • Variable effect on body weight – some may experience no change; others may experience weight loss or weight gain. • Inform your doctor if weight change is drastic
Low mood, abnormal behavioral changes or increasing thoughts of self-harm	<ul style="list-style-type: none"> • Inform your doctor or pharmacist immediately.
Seizures or fits	<ul style="list-style-type: none"> • Inform your doctor or pharmacist immediately.
Yellowing of skin (jaundice), dark brown urine, severe abdominal pain or discomfort	<ul style="list-style-type: none"> • Inform your doctor or pharmacist immediately.

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

What are Other Side Effects That I Should Take Note of?

- Avoid driving and doing other tasks or actions that requires alertness or clear eyesight until you know how this drug affects you.
- It is also important to note that smoking cessation, with or without medications or treatment, is associated with various nicotine withdrawal symptoms.
- These withdrawal symptoms may include but are not limited to:
 - Difficulty sleeping
 - Irritability
 - Frustration or anger
 - Anxiety
 - Difficulty concentrating
 - Restlessness
 - Decreased heart rate

- Weight gain

Are There Other Medications That Can Help Me Quit Smoking?

- There are several types of medications that can help you quit smoking. Speak to your doctor or pharmacist for more information on these medications.

Are There Any Special Precautions That I Need to Take?

- Before you start Bupropion, inform your doctor or pharmacist if you have liver problems or a history of seizures or fits.
- It is important to inform your doctor or pharmacist if you intend to conceive or breastfeed while taking this medication.

How Do I Store Bupropion?

- Store your medication in a cool, dry place not exceeding 30 °C.
- Keep your medication away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor or pharmacist.

Please keep all medications out of reach of children.

