

Bupropion (Zyban)

An antidepressant found to reduce the urge to smoke and help with withdrawal symptoms.

Start with one 150 mg tablet daily in the morning for three days, then increase to one twice a day.

Take this pill for one to two weeks and then quit smoking. Stay on the pill as long as you and your doctor decide – some people stay on it for 6 months or longer.

If you have trouble sleeping, cut back to once a day in the morning or take your second pill 6-8 hrs after the first dose instead of bedtime.

Do not take this medication if you have a history of seizures or anorexia nervosa.

This medicine may cause weight loss. It **may delay the weight gain from stopping smoking.**