



ZYBAN

Cholesterol Education
and Research Trial

PROVIDER FACT SHEET

WHAT is Zyban?

- Bupropion SR
- A first-line therapy for smoking cessation
- The first FDA-approved non-nicotine therapy
- The first smoking-cessation treatment in pill form

HOW does Zyban work?

- Appears to affect noradrenergic and dopaminergic pathways in the brain, particularly the mesolimbic dopaminergic “reward” pathway
- Reduces nicotine withdrawal symptoms and craving after smoking cessation
- Improves outcomes for long term cessation
- Appears to limit weight gain during cessation efforts

PATIENT SELECTION	CONTRAINDICATION
Ready to make commitment	Seizure disorder or predisposition to seizures
Prefers non-nicotine therapy	Bulimia or anorexia
Prefers pill to other forms of delivery	Already taking bupropion
Has failed on nicotine replacement	
Is concerned about weight gain	PRECAUTIONS
	Pregnancy/breast feeding
GUIDE FOR USE	History of psychosis
Bupropion SR 150 mg qd for 3 days 150 mg bid for 7 – 12 weeks	Tics or abnormal involuntary bodily movements
Maintain at least 8 hours between doses	Liver dysfunction
Set a quit date 1-2 weeks after initiation	Uncontrolled hypertension
Can combine with nicotine replacement for maximal benefit	
	ADDITIONAL RESOURCES TO ENHANCE CESSATION
POTENTIAL SIDE EFFECTS	Zyban Advantage Plan: Encourage use of 800 number
Insomnia (can manage by taking second dose earlier in day)	Set a quit date
Dry mouth; headache	Identify and manage triggers AVOID, ALTER, OR SUBSTITUTE for triggers Use positive SELF-TALK
Tremor; increased blood pressure	Refer to ALA, ACS, behavioral programs
Rash; seizure, if predisposed	Schedule follow-up visit