

Bupropion (also called Zyban® or Wellbutrin®)

Bupropion, also known as Wellbutrin®, is a tobacco medication that does not contain nicotine. It is the same medicine that works to help treat depression.

Bupropion treats nicotine withdrawal and reduces cravings for cigarettes. Also, people who use bupropion when they quit smoking tend to gain less weight than those who quit without medication.

Bupropion can be used alone or with nicotine medications (like the patch or gum) and can only be obtained with a prescription.

Bupropion is usually started one to two weeks before the day you plan to quit (called the Quit Date). It is recommended that bupropion be taken for three to six months. The most common side effects of bupropion SR are dry mouth, insomnia (trouble sleeping) and headache.



Bupropion should be used exactly as prescribed. This medication is not recommended for anyone with a seizure disorder or a current eating disorder (like bulimia or anorexia).