

Please read carefully the Package Leaflet which is supplied with your Zyban (bupropion hydrochloride) Tablets prior to beginning treatment



Quit buddy

You have received this information document because your doctor has prescribed Zyban, a medicine to help you stop smoking, when you also have motivational support such as taking part in a 'stop smoking' programme.

This information document is designed to help you quit smoking.

Zyban will be most effective if you are fully committed to giving up smoking. Ask your doctor or pharmacist for advice on treatments and other support to help you stop.



Start taking Zyban while you are still smoking.

Set a Target Stop Smoking Day ideally during the second week you're taking it.

My Target Stop Smoking Date: _____

Week 1



Keep smoking while taking Zyban.

Days 1 to 6

Take one tablet (150 mg), once a day.

Day 7

Increase your dose to one tablet, twice a day, at least 8 hours apart, and not near to bedtime.

Week 2

Carry on taking one tablet, twice a day.



Stop smoking this week, on your Target Stop Smoking Day.

Weeks 3 to 9

- Carry on taking one tablet, twice a day for up to 9 weeks.
- If you have not been able to stop smoking after 7 weeks, your doctor will advise you to stop taking Zyban. You may be advised to stop taking Zyban gradually, after 7-9 weeks.

How to take your Zyban tablets.

- Take your tablets at least 8 hours apart.
- Don't take your tablets near to bedtime — it may cause difficulty in sleeping.
- You can take your tablets with or without food.
- Swallow your tablets whole.
- If you forget to take your tablets wait and take your next tablet at the usual time.
- You may need to take Zyban for as long as 7 weeks to have its full effect.
- Don't stop taking your tablets without talking to your doctor first. You may need to reduce your dose gradually.

Reporting of side effects:

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet.

Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk/> or search MHRA Yellowcard in the Google Play or Apple App Store. Adverse events should also be reported to GlaxoSmithKline on 0800 221 441 or UKSafety@gsk.com.

By reporting side effects, you can help provide more information on the safety of this medicine.



5 Tips for quitting

1. Write it down



Writing a list of reasons that you can look back on will help you to stay strong further down the road.

Why are you quitting?

What do you miss out on because of your smoking?

Do you have health issues that can be attributed to smoking?

Has a child/loved one asked you to?

2. Smoker Know Thyself



Taking a week to identify your smoking patterns, triggers and potential craving times can help you to be more aware of them later.

3. Decide on a quit date



Deciding on a specific date to quit (and sticking to it) will keep you focused and committed as you begin taking your tablets.

4. Distract yourself



Cravings generally last 3-5 minutes. Doing something to distract your mind will help you get through it.

Try taking a walk to the shop, talking to someone, drinking a glass of water or reading the latest news updates.

5. Be kind to yourself



Put the money you would usually spend on cigarettes away and treat yourself with it.

Choose something you would not usually do and set a date in the diary to do it.

If you do have a cigarette, don't stop trying to quit. The only way to stop smoking is to persevere and stay strong.



