Bupropion*

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Brand names: Zyban ®, Wellbutrin ®, Wellbutrin SR ®, Wellbutrin XL ®

Available by prescription only.

Mechanism of Action: Increases certain types of activity in the brain

Contraindications: Seizure disorder, current or history of bulimia or anorexia, simultaneous discontinuation of alcohol or sedatives (including benzos), MAOI use in previous 14 days

Precautions: Increased risk of suicidal ideations and behaviors- caution in current or history of depression, pregnancy category C, Concomitant therapy with medication or medical condition known to lower seizure threshold, severe hepatic cirrhosis

Counseling Points:

- Can be used safely with NRTs (patch, gum, lozenge)
- The regular tablet (Wellbutrin) is usually taken three or four times a day, with doses at least 6 hours apart
- The sustained-release tablet (Wellbutrin SR, Zyban) is usually taken twice a day, with doses at least 8 hours apart
  - Dose usually 150 mg QAM x 3 days, then 150 mg BID (max 300 mg/day)
- The extended-release tablet (Wellbutrin XL) is usually taken once daily in the morning
- Take it around the same time every day
- Swallow sustained-release and extended-release tablets whole; do not split/chew/crush
- Side effects include insomnia (avoid bedtime dosing to decrease chance), dry mouth, difficulty concentrating, nervousness, rash, constipation and seizures (1/1,000 or 0.1%)
- Your doctor will probably start you on a low dose and gradually increase your dose
- Continue to smoke when starting bupropion. Set quit date 1-2 weeks after starting.
- May take 4 weeks or longer before you feel the full benefit of bupropion, usually take for 7-12 weeks, can take up to 6 months to decrease chances of starting to smoke again
- Do not stop taking bupropion without talking to your doctor. Your doctor will probably decrease your dose gradually.