

Zyban (brand name) aka bupropion hydrochloride SR (150mg)

Zyban or bupropion hydrochloride SR is also used in the US to treat depression. It received a licence for use in smoking cessation in the UK in 2000. It is the first non-nicotine prescription medicine to help people stop smoking and must be prescribed by a GP. GPs may look to others working with smokers to assess a patient's motivation.

Zyban is not currently recommended for use in combination with NRT.

Zyban is only for use in adults aged 18 and over - 150mg daily for the first 7 days, then 150mg twice daily from day 8. A full course lasts 7-9 weeks.

Patients continue to smoke for the first 7 days, while the drug builds up to a steady level in the body. They set a quit date in the second week e.g. day 8.

There are a number of contra-indications to be considered before prescribing Zyban:

It should not be prescribed for patients with:	It should only be used in caution for patients taking/with:
Current/previous seizure disorder/epilepsy	Predisposition to lower seizure threshold eg alcohol abuse, diabetes
Current/previous eating disorder	Antipsychotics
Recent/current treatment with MAOIs	Theophylline
Severe liver disease	Steroids
Bipolar disorder	Antidepressants
Pregnancy/breastfeeding	Susceptibility to psychotic episodes

If client is not suitable for Zyban, consider the use of NRT.