

ZYBAN



WHAT IS IT?

- Generic form IS bupropion hydrochloride
- Marketed first as an antidepressant, Wellbutrin® & Wellbutrin sr®
- First non-nicotine medication approved for smoking cessation

HOW DOES IT WORK?

- Appears to work through the dopamine and norepinephrine pathways to reduce craving
- Can be used alone or in combination with nicotine replacement medications

SIDE EFFECTS

- Dry mouth
- Insomnia
- *NEJM* 2002 – seizure induced by insufflation of bupropion – case report of adolescent who crushed six 150mg tablets and snorted them

CONTRAINDICATIONS

- Bulimia (high incidence of seizures if Zyban used with this eating disorder)
- Seizure disorders
- Concurrent MAO inhibitor use
- Concurrent Wellbutrin® use

WHO TO TREAT?

- Had significant success in whites, work by J.S. Ahluwalia in *JAMA* 2002;288:468-474 showed that this medication can be effective in African American patients
- Reservations to this finding are due to differences in white and African American smokers who tend to: smoke fewer cigarettes per day, be more likely to smoke mentholated cigarettes, smoke brands with higher tar and nicotine contents and thus are more highly addicted to nicotine and are slower nicotine metabolizers
- May be useful in people who have a tendency to gain weight

DOSING

- Zyban® should be started when the patient is still smoking, since approximately one week of treatment is needed to achieve therapeutic blood levels of bupropion
- Patients should set a target quit date generally in the second week of treatment
- 150mg per day for the first three days, followed by a dose increase in most patients to 150mg twice a day
- Treatment duration is 7 to 12 weeks, though longer treatment should be guided by the risks and benefits to the patient



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