

# Quit buddy

GSK

When & how to take (bupropion hydrochloride)



**Start taking Zyban while you are still smoking.**

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

## Week 1

 Ideally keep smoking while taking Zyban

### Days 1 to 6

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

### Days 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.
- Zyban will be most effective if you are fully committed to giving up smoking.
- Take your Zyban tablets at least 8 hours apart.
- Don't take Zyban near to bedtime — it may cause difficulty in sleeping.
- You can take Zyban with or without food.
- Swallow your Zyban tablets whole.
- If you forget to take Zyban 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 Zyban without talking to your doctor first. You may need to reduce your dose gradually.

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





# 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.