

Some Important Things to Know about Bupropion

Also known as Wellbutrin, Zyban

What is bupropion usually used for?

It is used to treat depression and/or to help you stop smoking.

Why am I taking bupropion?

You were prescribed bupropion because it can help you to:

- Think less about food and help you to better control your hunger cravings.
- Feel more energized.
- Manage your depressed mood.

How does it work?

Bupropion helps to change the way your brain reacts to food.

- It can help to break the connection of food as a reward or comfort.
- Depression makes many people want to eat more.

How much bupropion will I be taking?

You and your provider will work together to find the best time and dosage of bupropion for you.

- Your provider will most likely start you on 150mg in the morning.
- After 2 – 4 weeks, your provider and you may consider raising your dose to 300mg.

Common side effects

- More jitteriness or feelings of anxiety
- Elevation of your blood pressure and/or heart rate
Your provider will tell you to check your blood pressure regularly to make sure that bupropion is not causing it to go too high.
- Dry mouth
- Headaches
- Trouble sleeping

Do not take if you have a history of seizures or glaucoma, as it can trigger them or make them worse.

Can I continue taking bupropion if I am pregnant?

There are some women who take bupropion while pregnant, but this decision is made after careful discussion with your **medical weight loss provider** and OB/GYN.

Other benefits to taking bupropion

It can help you to stop smoking or vaping.

Is there anything else that I should know about being on bupropion?

If you need to stop taking bupropion for any reason, it is important that you not stop it suddenly.

- Work with your medical weight loss provider to decrease your dose slowly.

For more information

Contact your **medical weight loss provider**.