

How to Take Zyban

(bupropion HCL 150 mg)

Set a quit date for the second week of therapy (usually day 8)









- On days 1,2, and 3, Zyban is taken just once each day
- Beginning day 4, Zyban is taken twice a day, with doses 8 hours apart
- To minimize the chance of difficulty sleeping, the second dose should be taken early evening
- Until your quit date, you can continue to smoke; by the time you reach your quit date, you should be ready to stop smoking

Stay on Zyban for a total of 7-12 weeks to maximize your chance for long-term success

After you fill your prescription and read the accompanying materials, call the toll-free number to enroll in the Zyban Advantage Plan

The Zyban Advantage Plan is a customized support program for smoking cessation that is available at no additional cost to patients taking Zyban

Zyban and the Zyban Advantage Plan should be used as part of a comprehensive smoking cessation plan.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				RX from doctor Set quit date	Fill RX Call to enroll in Advantage Plan	1 _____ Medicine start day • Continue smoking 
2 _____ • 	3 _____ • 	4 _____ • • Increase dose today* 	5 _____ • • 	6 _____ • • 	7 _____ • • 	8 _____ • • Quit day No more cigarettes 
9 _____ • •	10 _____ • •	11 _____ • •	12 _____ • •	13 _____ • •	14 _____ • •	15 _____ • •
16 _____ • •	17 _____ • •	18 _____ • •	19 _____ • •	20 _____ • •	21 _____ • •	22 _____ • • Cont. therapy