

# ZYBAN SR tablets

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

### 1. Why am I using ZYBAN SR?

ZYBAN SR contains the active ingredient bupropion hydrochloride. It is used as a short-term treatment to help you stop smoking.

For more information, see Section [1. Why am I using ZYBAN SR?](#) in the full CMI.

### 2. What should I know before I use ZYBAN?

Do not use if you have ever had an allergic reaction to bupropion hydrochloride or any of the ingredients listed at the end of the CMI.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use ZYBAN SR?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with ZYBAN SR and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use ZYBAN SR?

- Your doctor will tell you how much to take, and how often to take it.
- The usual recommended dose is one 150 mg tablet each day for the first 3 days, increasing to one tablet twice daily. Doses should be taken at least 8 hours apart.
- Swallow whole. Do not chew, divide or crush ZYBAN SR tablets.

More instructions can be found in Section [4. How do I use ZYBAN SR?](#) in the full CMI.

### 5. What should I know while using ZYBAN SR?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist or pharmacist you visit that you are using ZYBAN SR.</li><li>• Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not stop taking ZYBAN SR tablets or change the dose without first checking with your doctor.</li><li>• Do not use ZYBAN SR tablets to treat any other complaints unless your doctor says to.</li></ul>
<b>Driving or using machines</b>	<ul style="list-style-type: none"><li>• Be careful before you drive or use any machines or tools until you know how ZYBAN SR affects you. As with many other medicines, ZYBAN SR tablets may cause dizziness or drowsiness in some people.</li></ul>
<b>Drinking alcohol</b>	<ul style="list-style-type: none"><li>• Minimise or avoid drinking alcohol when you are on ZYBAN SR treatment.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep ZYBAN SR in a cool dry place, away from moisture or heat, where the temperature stays below 25°C.</li></ul>

For more information, see Section [5. What should I know while using ZYBAN SR?](#) in the full CMI.

### 6. Are there any side effects?

The most common side effects of ZYBAN SR include: headache, difficulty sleeping, dry mouth, and feeling sick (nausea) or being sick (vomiting).

Serious side effects of ZYBAN SR include: signs of an allergic reaction, fits/seizures, and worrisome mood changes associated with the effects of stopping smoking.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# ZYBAN SR tablets

Active ingredient: *bupropion hydrochloride*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using ZYBAN SR.

**You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using ZYBAN SR.**

**Where to find information in this leaflet:**

- [1. Why am I using ZYBAN SR?](#)
- [2. What should I know before I use ZYBAN SR?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use ZYBAN SR?](#)
- [5. What should I know while using ZYBAN SR?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

## 1. Why am I using ZYBAN SR?

ZYBAN SR tablets contain bupropion hydrochloride as the active ingredient.

It is a medicine prescribed by your doctor as a short-term treatment to help you stop smoking, with appropriate counselling. For many patients, it reduces withdrawal symptoms and the urge to smoke. The exact mechanism of action is not fully understood, but it is believed that it interacts with chemicals in the brain to decrease cravings.

**Ask your doctor if you have any questions about why ZYBAN SR tablets have been prescribed for you.**

Your doctor may have prescribed this medicine for another reason.

ZYBAN SR tablets are not addictive.

## 2. What should I know before I use ZYBAN SR?

**Tell your family, friends and work colleagues that you are trying to quit smoking so that they can offer you support and encouragement.**

You should be fully committed to quitting smoking before you start to take ZYBAN SR tablets.

You are more likely to quit smoking if you have suitable support.

### Warnings

**Do not take ZYBAN SR if:**

- you are allergic to bupropion hydrochloride, or any of the ingredients listed at the end of this leaflet.

Symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue, or any other parts of the body; rash, itching or hives on the skin.

- you have or ever had a condition that causes fits or seizures, such as epilepsy
- you are usually a heavy drinker and you have just stopped drinking alcohol or you plan to do so while taking ZYBAN SR
- you have recently stopped taking tranquilizers (benzodiazepines) or you plan to do so while taking ZYBAN SR
- you have a brain or spine tumour
- you are taking any other medicines which contain bupropion
- you have or have had an eating disorder (e.g. bulimia or anorexia nervosa)
- you are taking medicines called monoamine oxidase inhibitors (MAOIs) or have taken them in the last 14 days
- you are a child
- the expiry date printed on the pack has passed.
- the packaging is torn or shows signs of tampering.

### Before you start to take it

Your doctor needs to know certain information before you start taking this medicine. This is because some conditions make it more likely that you will have side effects. If any of these conditions applies to you, your doctor will monitor you more closely while you are taking ZYBAN SR tablets or recommend another treatment.

### Check with your doctor if you:

- have or have had any other medical conditions, especially the following:
  - recent history of heart problems or unstable heart disease
  - risk of seizures.  
This medicine has been shown to cause fits (seizures) in some people. Fits are more likely, while taking ZYBAN SR, if you:
    - regularly drink a lot of alcohol
    - regularly take sedatives
    - have diabetes for which you use insulin or tablets
    - take stimulants or other medicines to control your appetite or weight
    - have a history of fits
    - have had a serious head injury
    - take medicines that are known to increase the chance of having a fit.
- **If you have a fit during treatment, stop taking ZYBAN SR. See your doctor for advice.**
- hypersensitivity reactions.

**Stop taking this medicine and immediately contact your doctor if you experience an allergic reaction during treatment.**

Symptoms of an allergic reaction may be mild or severe. They usually include some or all of the following: wheezing, swelling of the lips/mouth, difficulty in breathing, hayfever, lumpy rash ("hives") or fainting.

Some allergic reactions can last for quite a long time after exposure to an allergy-causing substance has finished.

- liver disorders, kidney disorders, or are elderly. You may have more risk of side effects. You may need to take a lower dosage and be checked more closely while you are taking this medicine. Your doctor will advise you.
- feel depressed or suicidal. Some people become depressed when they try to stop smoking; very occasionally, they may think about committing suicide or try to do so. **If you feel depressed or think about suicide, get medical advice as soon as possible.**
- mental health problems. Some people taking ZYBAN SR have had hallucinations or delusions, disordered thoughts or extreme mood swings. These effects are more likely in people who have had mental health problems before, such as bipolar disorder.
- **take any medicines for any other condition.**
- **have had any allergy to any other medicines, or any other substances, such as foods, preservatives, or dyes.**

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

### **Pregnancy and breastfeeding**

**Do not take ZYBAN SR if you are pregnant, trying to become pregnant, or are breastfeeding, unless your doctor says you should.**

Your doctor will discuss the risks and benefits of taking ZYBAN SR tablets if you are pregnant, planning a pregnancy or breastfeeding. Some studies have reported an increase in the risk of birth defects, particularly heart defects, in babies whose mothers were taking this medicine. It is not known if these are due to the use of ZYBAN SR.

### **Use in children**

This medicine is not recommended for use in children less than 18 years because it has not been adequately studied in these patients.

## **3. What if I am taking other medicines?**

**Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or**

**supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines may interfere with ZYBAN SR and affect how it works. These include:

- nicotine skin patches or nicotine gum. Using this medicine and nicotine replacement therapy (i.e. nicotine patches or nicotine gum) together may raise your blood pressure. Your doctor may want to check your blood pressure regularly to make sure that it stays within acceptable levels.
- some medicines used to treat heart conditions and high blood pressure, antihistamines, depression or other mental health problems (such as desipramine or selective serotonin reuptake inhibitors (SSRIs)), cancer, epilepsy, Parkinson's disease, some muscle relaxants; medicines used to prevent stroke; some medicines to treat HIV infection (e.g. ritonavir, efavirenz).
- alcohol. Some people find they are more sensitive to alcohol while taking this medicine. Your doctor may suggest that you don't drink alcohol while you are taking ZYBAN SR tablets, or that you drink as little as possible.
- a herbal preparation called St. John's Wort.

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect ZYBAN SR.**

## **4. How do I use ZYBAN SR?**

Your doctor will tell you how many ZYBAN SR tablets to take and how often to take them.

### **How much to take**

- The usual initial recommended dose is one 150 mg tablet each day for the first 3 days, increasing to one tablet twice daily. Doses should be taken at least 8 hours apart.
- Typically, the first prescription will be for a pack size consisting of 30 tablets which is slightly more than 2 weeks supply. Treatment will start while you are still smoking with a 'target stop date' set within the first two weeks. A larger pack size consisting of 90 tablets is then usually prescribed for the rest of the treatment. This represents slightly more than 6 weeks supply.
- **Do not take more tablets than your doctor has prescribed.**
- If you have a liver disorder, your doctor will advise you on how many tablets to take as the dosage frequency will be reduced.

### **When to take it**

If you find your sleep disturbed, try not to take this medicine too close to bedtime. If you take two tablets daily, take one early in the morning and one late in the afternoon. **Leave 8 hours between tablets.**

## How long to take it

- To be effective, it takes about one week for the medicine in ZYBAN SR tablets to reach the right levels in your body.
- In order to maximise your chance of stopping, you should not stop smoking until you have been taking ZYBAN SR for 1 week. You should set a date to stop smoking during the second week.
- The usual course of treatment is for at least 7 weeks. Your doctor will advise you.
- ZYBAN SR and nicotine replacement therapy (i.e. nicotine patches or nicotine gum) should only be used together under the supervision of your doctor.

## How to take it

- This medicine is intended for oral use only.
- **Do not chew, divide or crush ZYBAN SR tablets.** It is important to swallow it whole and not inhale any crushed tablets or inject any dissolved tablets.

## If you forget to use it

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Do not take a double dose to make up for the dose you missed.**

## If you take too much

If you think that you have used taken too much ZYBAN SR, you may need urgent medical attention.

**You should immediately:**

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

## 5. What should I know while using ZYBAN SR?

### Things you should do

- **Tell your doctor or pharmacist that you are taking ZYBAN SR tablets if you are about to be started on any new medicines.**
- **Tell your doctor if you become pregnant or are trying to become pregnant.**
- **Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed.** Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.
- **If you require a laboratory test, tell your doctor or hospital that you are taking ZYBAN SR.** This medicine may interfere with some laboratory tests to detect certain drugs.

## Things you should not do

- **Do not stop taking ZYBAN SR tablets or change the dose without first checking with your doctor.**
- **Do not give this medicine to anyone else, even if their symptoms seem like yours.**
- **Do not use ZYBAN SR tablets to treat any other complaints unless your doctor says to.**

## Driving or using machines

**Be careful before you drive or use any machines or tools until you know how ZYBAN SR affects you.**

As with many other medicines, ZYBAN SR tablets may cause dizziness or drowsiness in some people.

## Drinking alcohol

**Minimise or avoid drinking alcohol when you are on ZYBAN SR treatment.**

If you drink a lot of alcohol or suddenly stop, you may increase your chance of having a seizure. If you are taking sedatives (e.g. benzodiazepines) and stop these abruptly, this can also increase the chance of a seizure. Therefore, it is important to discuss your use of alcohol and medicines with your doctor before you begin taking ZYBAN SR.

## Looking after your medicine

**Keep ZYBAN SR in a cool dry place, away from moisture or heat, where the temperature stays below 25°C.**

For example, do not store it:

- In the bathroom or near a sink, or
- In the car or on window sills

Heat and dampness can destroy some medicines.

**Keep it where young children cannot reach it.**

## Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### Less serious side effects

Less serious side effects	What to do
Most common: <ul style="list-style-type: none"><li>• headache</li><li>• difficulty sleeping</li><li>• dry mouth</li></ul>	<b>Speak to your doctor or pharmacist if</b>

<ul style="list-style-type: none"> <li>feeling sick (nausea), being sick (vomiting).</li> </ul> <p>Less common:</p> <ul style="list-style-type: none"> <li>fever</li> <li>weakness or lack of energy</li> <li>dizziness</li> <li>irritability, agitation</li> <li>anxiety</li> <li>tremor or shakiness</li> <li>difficulty in concentrating</li> <li>changes in mood</li> <li>loss of appetite, anorexia</li> <li>stomach pain, constipation</li> <li>impaired vision</li> <li>taste disorders</li> <li>rash, itchy skin or lesions (particularly on sun-exposed areas)</li> <li>sweating.</li> </ul>	<p><b>you have any of these less serious side effects and they worry you.</b></p>
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An increase in blood pressure may be recorded which in some cases can be severe. Your doctor will monitor this and advise you.

### Serious side effects

Serious side effects	What to do
<p>Signs of allergy: shortness of breath, wheezing or difficulty in breathing; swelling of the face, lips, tongue, or any other parts of the body; rash, itching or hives on the skin.</p>	<p><b>Call your doctor immediately or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>
<p>Fits/seizures: Symptoms of a fit include convulsions and usually loss of consciousness. Someone who has had a fit may be confused afterwards and may not remember what has happened.</p> <p>Fits are more likely if you take too many ZYBAN SR tablets, if you take some other medicines as well as ZYBAN SR, or if you are at a higher than usual risk of fits.</p> <p>You can reduce the chance of experiencing a seizure by giving your doctor the information they need and following carefully your doctor's directions on how to take ZYBAN SR.</p>	<p><b>If you have a fit, tell your doctor when you have recovered.</b></p> <p><b>Do not take any more ZYBAN SR tablets.</b></p>
<p>Effects of stopping smoking: People giving up smoking are often affected by nicotine withdrawal. Similar effects have also been reported in ZYBAN SR users undergoing a smoking cessation</p>	<p><b>If you feel any worrisome changes of mood, talk to your doctor immediately.</b></p>

<p>attempt. These may include:</p> <ul style="list-style-type: none"> <li>difficulty sleeping, tremor or sweating</li> <li>agitation or feelings of depression (sometimes with thoughts of suicide).</li> </ul>	
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**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available with a doctor's prescription.

### What ZYBAN SR contains

<p><b>Active ingredient (main ingredient)</b></p>	<ul style="list-style-type: none"> <li>Each sustained release tablet contains bupropion hydrochloride 150 mg.</li> </ul>
<p><b>Other ingredients (inactive ingredients)</b></p>	<ul style="list-style-type: none"> <li>microcrystalline cellulose</li> <li>hypromellose</li> <li>cysteine hydrochloride</li> <li>magnesium stearate</li> <li>carnauba wax</li> <li>opadry aqueous film coating YS-1-18202-A white</li> <li>opadry OY-7300 white</li> <li>opacode WB monogramming ink NS-78-17821 black.</li> </ul>

**Do not take this medicine if you are allergic to any of these ingredients.**

### What ZYBAN SR looks like

ZYBAN SR are white film coated, biconvex, round, sustained release tablets coded 'GX CH7' in black ink on one side. Available in foil blisters in pack sizes of 30 and 90 tablets.

Australian Registration number: AUST R 75233

### Who distributes ZYBAN SR

Aspen Pharmacare Australia Pty Ltd  
34-36 Chandos St  
St Leonards NSW 2065, Australia

This leaflet was revised in October 2025.