

## Zyban

Zyban is a non nicotine treatment that has been found to be beneficial in helping the well motivated smoker to quit successfully.

- It was originally used as an anti-depressant in America but was found to have the effect of reducing the desire to smoke – it is not a miracle cure but it helps the well motivated person
- One tablet is taken daily for six days, then increased to one tablet in the morning and one in the evening. There must always be 8 hours between each dose taken.
- A quit date to stop smoking is set in the 2nd week after starting Zyban
- Swallow tablets whole, do not suck or chew
- For maximum benefit complete the two month course
- Zyban must ONLY be used under medical supervision

### Absolute Contra-indicators to use of Zyban

Anyone with any of the following conditions should NOT use Zyban

- Under 18 years old
- Epilepsy or fitting
- Previous reaction to Zyban
- Any current or previous history of brain tumour
- Any current or previous eating disorder eg Bulimia or Anorexia
- Any history of cirrhosis of the liver
- Any history of alcohol abuse
- Any history of Bipolar or manic depression
- Any current recent use of MAOI drugs (Monoamine-oxidase inhibitors)
- Pregnancy, planning a pregnancy or breast feeding

Anyone with the following conditions or on the following medication may use Zyban but with GREAT CAUTION strictly under a doctors supervision and possibly at a lower dose

- Diabetics on hypoglycaemic drugs or insulin
- Any history of previous head injury
- Whilst taking sedating antihistamines eg Piriton, Dimotane, Nytol or Panadol Night
- Whilst on Steroids either tablets or injections
- Certain Antibiotics eg Ofloxacin, Levofloxacin or Norfloxacin
- Whilst taking Tramadol (a strong pain killer)
- Whilst taking any stimulants or slimming medication
- Certain Antidepressants eg Clozapine, Risperidone, Thioridazine or Olanzapine
- Anyone on Theophylline
- Whilst taking Anti-malarial medication

Always inform your doctor of all medication that you are taking both those prescribed and those bought over the counter

### Very common side effects

- Sleep disturbance

### Common side effects

- Dry mouth
- Headaches
- Constipation
- Gastro-intestinal pain
- Nausea
- Vomiting
- Tremor
- Dizziness
- Depression
- Agitation
- Anxiety
- Rash
- Itchy skin
- Sweating
- Fever
- Taste Disorder
- Concentration Disturbance
- Notify your doctor if you have any of the side effects

### Uncommon side effects

- Chest Pain
- Shortness of breath
- Numbness
- Palpitations
- High Blood Pressure
- Flushing
- Confusion
- Loss of Appetite
- Ringing in the ears
- Visual disturbance

### Rare side effects

- Aggressive behaviour
- Fainting or blackouts
- Fitting
- Hallucinations
- Anaphylaxis

If any of these side effects occur STOP the drug immediately and notify your doctor