GET ON THE PATH TO A HEALTHIER YOU!
IF YOU QUIT SMOKING RIGHT NOW:

After 15 years
Your risk of coronary heart disease is the same as a non-smoker's.

After 10 years
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases.

After 5 years
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half.

Within 9 months
You will cough less and breathe easier.

Within 3 months
Your circulation and lung function improves.

Within 12 hours
The carbon monoxide level in your blood drops to normal.

Within 20 minutes
Your heart rate and blood pressure drop.

Health Science Center
PO Box 100128
Gainesville, FL 32610-0128
Phone: 352-273-5484
Fax: 352-273-5105

Quit Smoking Now with UF Health, Wellbutrin & Area Health Education Centers (AHEC)

Health Science Center
PO Box 100128
Gainesville, FL 32610-0128
Phone: 352-273-5484
Fax: 352-273-5105
Wellbutrin and Communicating With Your Physician Can Help You Quit Smoking

What is Wellbutrin?
Your provider has recently spoken with you about how important it is for your overall health that you quit smoking. We know how challenging it can be to quit, and recognize that there are chemicals in your brain that make you crave nicotine. We also recognize that nicotine withdrawal symptoms can be debilitating.

With these facts in mind, we have recommended that you take Wellbutrin, a prescription medication that acts on chemicals in the brain related to your nicotine cravings, and that reduces symptoms of nicotine withdrawal. While this medication was originally developed to treat depression, it has been shown to be effective in helping patients quit smoking.

How Do I Use Wellbutrin?
First, you will need to choose a quit date. We recommend that you choose a low stress day to maximize your chance of success. Once you have your quit date, you will start taking Wellbutrin at the dose your physician has prescribed 7 days before your quit date.

During these first 7 days, you should either reduce your cigarette consumption by at least half, or use the 14mg transdermal patch, which is a Nicotine Replacement Therapy (NRT). Please do not use the patch and smoke, as this could cause unwanted side effects. You may also lose your desire to smoke completely before your quit date, and it’s OK if you end up quitting before your planned quit date!

The 14mg transdermal patches are available to you at no cost through your local Area Health Education Center (AHEC). Call the University of Florida AHEC anytime at 877-U-CAN-NOW (877-822-6669). AHEC also provides complimentary cessation classes that can give you meaningful tools to help you quit, which we at UF Health highly recommend.

Stay in Touch With Us
While Wellbutrin, NRT, and AHEC are an important part of helping you become healthier, it is also crucial that you continue to communicate with your provider about how you are doing in the process. We are committed to helping you quit smoking, and want to celebrate your successes with you and help you through any obstacles you may face.

Wellbutrin Side Effects
The most common side effects of Wellbutrin are insomnia and dry mouth. We recommend that you avoid taking Wellbutrin after dinner, and take your last dose no later than 6PM to avoid sleep problems.

If you find that you are still having sleep problems, or any other unpleasant side effects, we urge you to contact us so we can adjust your dosage, as many side effects can be reduced or eliminated with dosing modifications.