



Frequently Asked Questions

Switching from bupropion (Zyban) to an alternative stop smoking medication

It is worth remembering that we simply don't have scientific evidence for this clinical situation, we're making a best judgement call in response to most questions.

1. What can we use with new clients who are about to start a quit attempt?

Current treatment options are nicotine replacement therapy (NRT) and nicotine-containing vapes.

2. If a person has started a quit attempt using Zyban, should they continue to use Zyban if they still have a supply?

If the client is almost at the end of their treatment episode and has a sufficient supply to finish treatment, and has chosen to continue with the medication after being informed of the possible presence of nitrosamine impurities, this is likely to be less of a risk than returning to smoking.

If the client has only just begun treatment, they should be switched to combination NRT and/or a nicotine-containing vape.

3. How long does it take for Zyban to leave the system once a person has stopped taking it?

The half-life of Zyban is approximately 20 hours. This means that it will be fully eliminated (cleared) from the body within four days of last dose.



4. Could someone switch to using licenced NRT products instead of Zyban mid-way through their quit attempt?

Yes, absolutely. As supplies of Zyban are being interrupted, then any clients using it will need to switch to an alternative. See our guidance on switching from Zyban.
