



Mid-Valley Behavioral Care Network

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Bupropion (Wellbutrin)

The medication Bupropion (**Wellbutrin**) is an antidepressant. It is used to treat depression. Wellbutrin is prescribed for many other medical conditions including anxiety, obsessive-compulsive disorder, panic disorder, and PTSD. Generally these symptoms interfere with your life goals, which is why many people choose to take Wellbutrin. Wellbutrin is also used to help people stop smoking.

Wellbutrin is FDA approved for Major Depressive Disorder and Seasonal Affective Disorder.

Although Wellbutrin can be very helpful, it can cause some side effects that you should know of before accepting treatment with it. The most common include: **dry mouth and constipation; drowsiness or sleeplessness; anxiety**. Although these effects generally occur during initial treatment some remain throughout treatment and may warrant discontinuing the medication. Talk with your provider about it.

Wellbutrin does not cause sexual side effects as other antidepressants can. At high dosages it can cause seizures. Let your provider know if you have a history of seizure disorder.

In children and adolescents, antidepressants have been shown to increase suicidal thoughts. Certainly untreated depression/anxiety is going to lead to suicidal thoughts more often than treatment. Nevertheless you should be aware of this rare situation. If you begin to develop intrusive suicidal thoughts, please let your physician know or go to an Emergency Room or crisis center.

The beneficial effect of Wellbutrin can sometimes take 7-28 days to be appreciated, and sometimes longer. Generally if no effect is felt after 4 weeks, then a different medication or a different dosage should be tried. The usual dosage is between 75 mg to 300 mg.

Wellbutrin is generally safe with other medications. As with all treatments, please let your provider know if you are taking other medications. There are no dietary restrictions when taking Wellbutrin.

There are supplemental ways to improve life which include:

- exercise**
- good sleep habits**
- good eating habits (high fish diet)**
- yoga**
- a hobby**
- visiting with family or friends**
- psychotherapy**

If you have further questions about this medication, please ask your medical provider or your pharmacist.

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