



OSELTAMIVIR (Tamiflu®)

What is Oseltamivir used for?

Oseltamivir is an antiviral which inhibits growth and shedding of Influenza A and B viruses. It prevents the influenza virus from spreading inside the body therefore helping to relieve or prevent the symptoms arising from influenza virus infection.

When should I take the medication?

Treatment

You must use (or give to your child) the amount of oral solution as prescribed by your doctor. 75mg capsules can be used as an alternative to the oral solution.

The usual dose for treatment of influenza in children depends on the body weight of the child (see table below).

Body Weight	Recommended dose for 5 days (Treatment)
≤ 15kg	30mg (2mL) twice daily
>15kg to 23kg	45mg (3mL) twice daily
>23kg to 40kg	60mg (4mL) twice daily
> 40kg or Adult	75mg (5mL) twice daily <u>OR</u> One 75mg capsule twice daily

Prevention

For Caregivers of infected children:

Oseltamivir 75mg should be taken once daily for 15 days. It is best taken in the mornings with breakfast.

For Individuals with contact with infected persons:

Oseltamivir can also be used to prevent influenza following exposure to an infected individual. You must use (or give to your child) the amount of oral solution as prescribed by your doctor. 75mg capsules can be used as an alternative to the oral solution.

Oseltamivir should be taken once daily for 10 days. It is best taken in the mornings with breakfast.

The usual dose for prevention of influenza in children depends on the body weight of the child (see table below).

Body Weight	Recommended dose for 10 days (Prevention)
≤ 15kg	30mg (2mL) once daily
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> 40kg or Adult	75mg (5mL) once daily <u>OR</u> One 75mg capsule once daily

How should it be taken?

Oseltamivir oral solution should be shaken well before use to ensure even distribution.

Taking Oseltamivir capsule or oral solution with food will reduce the potential for stomach upset.

What should I do if I miss a dose?

If you forget to take (or give your child) a dose, take the missed dose as soon as you remember, except if it is near the next dose (within 2 hours). Then continue to take the Oseltamivir solution/capsule at the usual times. Do not double or increase the dose. If you have missed several doses, inform your doctor and follow the advice given to you.

If your child vomits within 15 minutes of administration, give another dose if possible.

What side effects can this medicine cause? What can I do about them?

The most common side effects of Oseltamivir are nausea, vomiting, diarrhoea, stomachache and headache. These side effects mostly occur after the first dose of the medicine and will usually stop as treatment continues. The frequency of these side effects is reduced if the medication is taken with food. Eating small frequent meals or sucking on candy will also help prevent nausea and vomiting.

Inform your doctor if the side effects become severe and bothersome. Report any hallucinations, unusual thoughts or behaviour that trouble you or your child, especially if they are new or getting worse.

If you or your child is often sick (vomiting) while taking the medicine, you should inform your doctor. You should also tell your doctor if the influenza symptoms get worse or the fever persists.

Special population

Pregnancy

To date, there are no controlled studies in pregnant women and insufficient clinical experience to confirm its safety in pregnancy. However, as pregnant women might be at a higher risk of severe complications from influenza, and the benefits of treatment or prophylaxis is likely to outweigh the theoretical risks of antiviral use, individuals prescribed with Oseltamivir are highly encouraged to comply with treatment.

Breastfeeding

Breastfeeding while taking Oseltamivir can be continued. Breastfeeding provides antibodies to the infant which makes them less vulnerable. Whenever possible, breastfeed infant or express breast milk before taking Oseltamivir to minimize the infant's exposure.

Special instructions

Some medication may reduce its efficacy, or increase its toxicity. Do not give your child or yourself any other medications or herbal products without first consulting your doctor or pharmacist.

Storage

Oral solution must be kept refrigerated ($\leq 5^{\circ}\text{C}$) and stored in the original container, away from direct light, for 6 weeks from the manufacturing date. Refer to medication bottle for actual expiry date.

Oseltamivir capsules should be stored at room temperature below 25°C and kept in a cool dry place.