How to use Tamiflu® (oseltamivir phosphate)

Tamiflu is available as 30 mg, 45 mg and 75 mg capsules, as well as 6 mg/ml suspension (65 ml) for children for oral use. For children and adults unable to swallow capsules, the powder from Tamiflu capsules can be used by patients or carers to prepare a suspension. You can explain the necessary steps using the appropriate instructions below.

Instructions for extemporaneous preparation of Tamiflu 30 mg, 45 mg and 75 mg capsules:

1. Hold the Tamiflu capsule(s) over a small bowl. Carefully pull the capsule(s) open and pour the powder into the bowl.
2. Add a suitable, small amount (1 teaspoon maximum) of sweetened food product such as jam, honey, yoghurt or sweetened condensed milk to mask the bitter taste of the medication.
3. Stir the mixture well and give the entire contents to the patient. The mixture must be swallowed immediately after its preparation. If there is some mixture left inside the bowl, rinse the bowl with a small amount of water and have the patient drink this remaining mixture. It is not necessary to administer any undissolved white powder as this is inert material.

Using 75 mg capsules to prepare a different dose of Tamiflu extemporaneously:

If the patient requires a dose of Tamiflu, which is different to that available in capsule form, they may receive their appropriate dose of Tamiflu by following the instructions below.

1. Open one Tamiflu 75 mg capsule and pour powder into a cup or small bowl.
2. Using a graduated syringe, add 5 mL water to the powder. Stir for about two minutes.
3. Draw up the required amount of mixture (see table) as directed by your doctor. Discard any remaining mixture.
4. To mask the bitter taste of the medication the mixture can be added to a suitable, sweetened food such as jam, honey, yoghurt or sweetened condensed milk.
5. Stir this mixture well and give to the patient immediately.

<table>
<thead>
<tr>
<th>Recommended dose</th>
<th>Amount of Tamiflu mixture for one dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 mg</td>
<td>2 mL</td>
</tr>
<tr>
<td>45 mg</td>
<td>3 mL</td>
</tr>
<tr>
<td>60 mg</td>
<td>4 mL</td>
</tr>
</tbody>
</table>

Medical Information Service 1800 233 950 Customer Service 1800 800 766

Please review the full Product Information before prescribing, available from Roche Products Pty Limited (www.roche-australia.com/productinfo/tamiflu).


MINIMUM PRODUCT INFORMATION TAMIFLU® (OSELTAMIVIR PHOSPHATE) Indications: treatment of infections due to influenza A and B viruses in adults and children including full-term neonates. Prevention of influenza in adults and children one year and older. Vaccination preferred method of routine prophylaxis. Dosage and Administration Treatment: adults and adolescents ≥ 13 years of age: 75 mg twice daily for 5 days. Paediatric patients ≥ 1 - < 13 years of age: ≤ 15 kg: 30 mg twice daily; > 15 – 23 kg: 45 mg twice daily; > 23 – 40 kg: 60 mg twice daily; > 40 kg: 75 mg twice daily for 5 days. Children <1 year of age: 3 mg/kg twice daily for 5 days. Treatment should be initiated within 48 hours of symptom onset. Prevention: adults and adolescents ≥ 13 years of age: 75 mg daily for 10 days. Paediatric patients ≥ 1 - < 13 years of age: ≤ 15 kg: 30 mg once daily; > 15 – 23 kg: 45 mg once daily; > 23 – 40 kg: 60 mg once daily; > 40 kg: 75 mg once daily for 10 days. Contraindications and Precautions: contraindicated in patients with known hypersensitivity to any component of the product. Caution is advised when administering to patients with renal impairment; adjust dosage in adults as per Product Information. Oral suspension (contains sorbitol) not recommended for patients with hereditary fructose intolerance. Pregnancy: category B1; limited data available, use in pregnancy only if potential benefit justifies potential risk to the fetus. Lactation: limited data showed TAMIFLU detected in breast milk at low levels, use only if potential benefit justifies potential risk of exposure. Laboratory tests: elevated liver enzymes have been reported in patients with influenza-like illness receiving TAMIFLU. Interactions: studies suggest that clinically significant DDIs are unlikely. Co-administration of probenecid results in 2-fold increase in exposure to active metabolite of oseltamivir though no dose adjustment is necessary in patients with normal renal function. Adverse Effects: vomiting, nausea, insomnia, headache, diarrhoea, dizziness and abdominal pain, visual disturbances. In children, also epistaxis, ear disorders and conjunctivitis. Also reported: gastrointestinal bleeding; allergic skin reactions; hepatitis and elevated liver enzymes; thrombocytopenia and neuropsychiatric events (convulsions and delirium) especially in children and adolescents (causally not established). Date of preparation: 22 October 2015.


Roche Products Pty Ltd, ABN 70 000 132 865, 4-10 Inman Road, Dee Why 2099. Medical Information: 1800 233 950. ©Registered trademark.
MN37557897 PreparedSep16.