



Patient Information

TAMIFLU

(oseltamivir phosphate)

R_x only

This leaflet contains important information about TAMIFLU (TAM-ih-flew). Read it well before you begin treatment. This information does not take the place of talking with your healthcare professional about your medical condition or your treatment. This leaflet does not list all the benefits and risks of TAMIFLU. If you have any questions about TAMIFLU, ask your healthcare professional. Only your healthcare professional can determine if TAMIFLU is right for you.

What is TAMIFLU?

TAMIFLU attacks the influenza virus and stops it from spreading inside your body. TAMIFLU treats flu at its source, by attacking the virus that causes the flu, rather than simply masking symptoms.

TAMIFLU is for treating adults and children age 1 and older with the flu whose flu symptoms started within the last day or two. TAMIFLU can also reduce the chance of getting the flu in people age 1 and older who have a higher chance of getting the flu because they spend time with someone who has the flu. TAMIFLU can also reduce the chance of getting the flu if there is a flu outbreak in the community.

What is “Flu”?

“The flu” is an infection caused by the influenza virus. Flu symptoms include fever (usually 100°F to 103°F in adults, and sometimes higher in children) and problems such as cough, sore throat, runny or stuffy nose, headaches, muscle aches, fever, and extreme tiredness. Many people use the term “flu” to mean any combination of these symptoms, such as the common cold, but true influenza infection is often worse and may last longer than a cold.

Flu outbreaks happen about once a year, usually in the winter, when the influenza virus spreads widely in the community. Outside of those outbreaks, only a very tiny number of respiratory infections are caused by the influenza virus.

Should I get a flu shot?

TAMIFLU is not a substitute for a flu vaccination. You should continue to get a flu vaccination every year, according to your healthcare professional’s advice.

34 **Who should not take TAMIFLU?**

35 Do not take TAMIFLU if you are allergic to the main ingredient, oseltamivir phosphate,
36 or to any other ingredients of TAMIFLU. Before starting treatment, make sure your
37 healthcare professional knows if you take any other medicines, or are pregnant, planning
38 to become pregnant, or breastfeeding. TAMIFLU is normally not recommended for use
39 during pregnancy or nursing, as the effects on the unborn child or nursing infant are
40 unknown. TAMIFLU is not recommended for use in children younger than 1 year of age.

41 Tell your healthcare professional if you have any type of kidney disease, heart disease,
42 respiratory disease, or any serious health condition.

43 TAMIFLU for Oral Suspension contains sorbitol. Sorbitol may cause upset stomach and
44 diarrhea in patients with a family history of fructose intolerance.

45 **How should I take TAMIFLU?**

46 It is important that you begin your treatment with TAMIFLU as soon as possible from the
47 first appearance of your flu symptoms or soon after you are exposed to the flu. If you feel
48 worse or develop new symptoms during treatment with TAMIFLU, or if your flu
49 symptoms do not start to get better, you should contact your healthcare professional.

50 If you have the flu: Take TAMIFLU twice a day for 5 days, once in the morning and
51 once in the evening. You should complete the entire treatment of 10 doses (capsules or
52 suspension), even if you feel better.

53 To prevent the flu: If someone in your home has the flu, take TAMIFLU once a day for
54 10 days or for as long as prescribed. You can take TAMIFLU for up to 6 weeks if you are
55 exposed to the flu because of an outbreak in your community. Follow your healthcare
56 professional's advice on how long to take TAMIFLU.

57 TAMIFLU has not been studied in children 1 to 12 years of age for preventing flu during
58 an outbreak in your community or for use for more than 10 days.

59 You can take TAMIFLU with food or without food. There is less chance of stomach
60 upset if you take it with a light snack, milk, or a meal.

61 If you are taking TAMIFLU for Oral Suspension, your pharmacist will give you a dosing
62 dispenser marked with three possible doses. Follow your healthcare professional's
63 instructions on which dose to take or how to combine them for the proper dose for you. In
64 order to be sure you receive the proper dose, it is important that you use the dispenser
65 provided. Review the instructions below on how to use the dispenser and ask your
66 pharmacist if you have any questions. If you lose or damage the dispenser and cannot use
67 it, contact your healthcare professional or pharmacist for advice on the proper dose.

68 If TAMIFLU for Oral Suspension is not available, your healthcare provider may instruct
69 you to open TAMIFLU Capsules and mix the contents with sweetened liquids such as
70 regular or sugar-free chocolate syrup. Please follow the dosing instructions below.

71 If you forget to take your medicine, take the missed dose as soon as you remember,
72 except if it is 2 hours or less before your next dose. Then continue to take TAMIFLU at

73 the usual times. Do not take 2 doses at a time to make up for a missed dose. If you miss
74 several doses, tell your healthcare professional and follow the advice given to you.

75 **What are the possible side effects of TAMIFLU?**

76 The most common side effects of TAMIFLU are nausea and vomiting. These are usually
77 mild to moderate. They usually happen in the first 2 days of treatment. Taking TAMIFLU
78 with food may reduce the chance of getting these side effects.

79 If you develop an allergic reaction or severe rash, stop taking TAMIFLU and contact
80 your healthcare professional.

81 People with the flu, particularly children and adolescents, may be at an increased risk of
82 seizures, confusion, or abnormal behavior early during their illness. These events may
83 occur shortly after beginning TAMIFLU or may occur when flu is not treated. These
84 events are uncommon but may result in accidental injury to the patient. Therefore,
85 patients should be observed for signs of unusual behavior and a healthcare professional
86 should be contacted immediately if the patient shows any signs of unusual behavior.

87 Before taking TAMIFLU, please let your healthcare provider know if you have received
88 nasally administered influenza virus vaccine during the past two weeks.

89 If you notice any side effects not mentioned in this leaflet, or if you have any concerns
90 about the side effects you get, tell your healthcare professional.

91 **How and where should I store TAMIFLU?**

92 TAMIFLU Capsules should be stored at room temperature, 77°F (25°C) and kept in a dry
93 place. Keep this medication out of reach of children.

94 TAMIFLU for Oral Suspension should be stored under refrigeration at 36° to 46°F (2° to
95 8°C). Do not freeze.

96 **General advice about prescription medicines:**

97 Medicines are sometimes prescribed for conditions that are not mentioned in patient
98 information leaflets. Do not use TAMIFLU for a condition for which it was not
99 prescribed. Do not give TAMIFLU to other people, even if they have the same symptoms
100 you have. It may not be right for them.

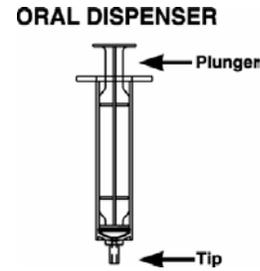
101 This leaflet summarizes the most important information about TAMIFLU. If you would
102 like more information, talk with your healthcare professional. You can ask your
103 pharmacist or healthcare professional for information about TAMIFLU that is written for
104 health professionals.

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106 **DOSING INSTRUCTIONS FOR PATIENTS:**

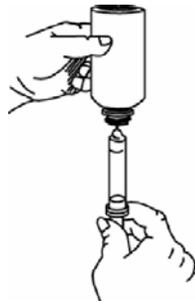
107 **How Do I Prepare TAMIFLU for Oral Suspension?**

108 **Please follow instructions carefully to ensure proper dosing of the oral suspension.**



109

- 110 • Shake closed bottle well for about 5 seconds before each use.
- 111 • Remove child-resistant cap.
- 112 • Before inserting the tip of the oral dispenser into bottle adapter, push the plunger completely down toward the tip of the oral dispenser. Insert tip firmly into opening of the bottle adapter.
- 113
- 114
- 115 • Turn the entire unit (bottle and oral dispenser) upside down.
- 116 • Pull the plunger out slowly until the desired amount of medication is withdrawn into the oral dispenser (see figure). The 75 mg dose is obtained by filling the dispenser twice, once to the 30 mg graduation, and a second fill to the 45 mg graduation.
- 117
- 118



119

- 120 • Turn the entire unit right side up and remove the oral dispenser slowly from the bottle.
- 121
- 122 • Dispense directly into mouth. Do not mix with any liquid prior to dispensing.
- 123 • Close bottle with child-resistant cap after each use.
- 124 • Disassemble oral dispenser, rinse under running tap water and air dry prior to next use.
- 125

126 **If Directed by My Healthcare Provider, How Do I Mix the Contents of TAMIFLU**
 127 **Capsules with Sweetened Liquids?**

128 **Please follow instructions carefully to ensure proper dosing.**

- 129 • Holding one capsule over a small bowl, carefully pull the capsule open and pour the complete contents of the capsule into the bowl.
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- 131 • Add a small amount of a sweetened liquid such as chocolate syrup (regular or sugar-free) that the child will consume completely.
- 132

133 • Stir the mixture and give the entire dose to the child.

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