

FOR PATIENTS

OSELTAMIVIR PHOSPHATE (Tamiflu®) FOR TREATMENT OF INFLUENZA

Uses of Medication:

Oseltamivir (Tamiflu®) is active against influenza (“flu”) A and B viruses. This medication works by stopping the flu virus from growing. It helps make the symptoms (e.g. fever, tiredness, shortness of breath, cough, sore throat) less severe and shortens recovery time by 1-2 days.

How To Use:

This medication should be started as soon as prescribed. It works best if taken **within 2 days of your symptoms starting**.

Take this medication by mouth **twice a day** (morning and evening) **for 5 days**. You may take it with food or milk to minimize stomach upset. Take **all** of the medication until finished as prescribed, even if you are feeling better. Stopping the medication too early may allow the virus to continue to grow, which may result in a relapse of the infection.

Missed Doses:

If you miss a dose, take the missed dose as soon as you remember **UNLESS** it is close (within 2 hours) of your next scheduled dose. Do not take double doses.

Side Effects:

The most common side effects are nausea and vomiting and usually occur after starting the drug and usually go away after 1-2 days. Dizziness may also occur. If any of these effects persist or worsen, notify your doctor or pharmacist immediately.

The flu itself or oseltamivir (Tamiflu®) may rarely cause serious mental/mood changes. This may be more likely in children. Tell your doctor immediately of any signs of confusion, agitation, self-injury or chest pain.

Precautions:

Before you start taking oseltamivir (Tamiflu®), let your doctor and/or pharmacist know if you have kidney disease, are pregnant or planning on becoming pregnant, or are breast feeding.

Storage:

Store this medication at room temperature in a dry place. The capsules do not require refrigeration. Keep this and all other medications out of the reach of children.