

Annex 5-B: Recommended Doses of Antiviral Drugs

Table 1: Recommended pediatric and adult doses of antiviral drugs for the prophylaxis and treatment of influenza

Drug (trade name)	Prophylaxis doses	Treatment doses	Level of evidence and grade of recommendation*
Oseltamivir (Tamiflu®)	Adults and children >13 years ^a 75 mg once a day ^b	Children > 1 year ^c See Table 2 Adults 75 mg twice a day for 5 days	Children Prophylaxis no data Treatment IA Adults Prophylaxis IA Treatment IA
Zanamivir (Relenza®)	Adults and children >7 years ^{d,e} 10 mg (2 puffs) once a day ^f	Adults and children >7 years ^e 10 mg (2 puffs) twice a day for 5 days	Children Prophylaxis pending Treatment IA Adults Prophylaxis IA Treatment IA
Amantadine (Symmetrel®)	See Table 3	Not recommended	Children Prophylaxis IA Adults Prophylaxis IA

^a Oseltamivir is not indicated for prophylaxis of influenza in pediatric patients less than 13 years of age.
^b The safety and efficacy of oseltamivir for prophylaxis of influenza in patients >13 years of age have been demonstrated for up to 6 weeks.
^c Oseltamivir should not be used for treatment of influenza in pediatric patients less than 1 year of age (see www.hc-sc.gc.ca/dhp-mps/medeff/advisories-avis/prof/2004/tamiflu_hpc-cps_e.html for Important Safety Information regarding Tamiflu® (oseltamivir phosphate) and Prescription in Children Less than 1 Year of Age).
^d Zanamivir was recently approved for prophylaxis in Canada; recommendations for its use are pending.
^e The safety and efficacy of zanamivir for the prophylaxis and treatment of influenza in pediatric patients less than 7 years of age have not been established.
^f The safety and efficacy of zanamivir for prophylaxis of influenza in patients less than 7 years of age have been demonstrated for up to 4 weeks.

*See Table 4.

Table 2: Recommended dose of oseltamivir for children 1 year of age and older for the treatment of influenza

Body Weight (kg)	Dosage
<=15	30 mg twice daily
>15–23	45 mg twice daily
>23–40	60 mg twice daily
>40	75 mg twice daily
<ul style="list-style-type: none"> • Oseltamivir is not indicated for treatment of influenza in patients less than 1 year of age. 	
<ul style="list-style-type: none"> • Duration of therapy is 5 days. 	
<ul style="list-style-type: none"> • Dose should be reduced by one-half in patients with creatinine clearance <30mL/min 	

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Table 3: Recommended adult and pediatric doses of amantadine for the prophylaxis of influenza

Age	Dosage	
NO RENAL IMPAIRMENT		
1–9 years	5 mg/kg once daily, or divided doses twice daily, total daily dose not to exceed 150 mg	
10–64 years	200 mg once daily, or divided doses twice daily	
>=65 years	100 mg once daily	
RENAL IMPAIRMENT		
Creatinine clearance (mL/min)	Dosage	
	10–64 years	>=65 years
>=80	100 mg twice a day	100 mg once a day
60–79	Alternating daily doses of 200 mg and 100 mg	Alternating daily doses of 100 mg and 50 mg
40–59	100 mg once a day	100 mg every 2 days
30–39	200 mg twice weekly	100 mg twice weekly
20–29	100 mg three times a week	50 mg 3 times a week
10–19	Alternating weekly doses of 200 mg and 100 mg	Alternating weekly doses of 100 mg and 50 mg

Table 4: Levels of evidence and grades of recommendation

Level	Type of evidence
I	Evidence is obtained from meta-analysis of multiple, well-designed, controlled studies.
II	Evidence is obtained from at least one well-designed experimental study.
III	Evidence is obtained from well-designed, quasi-experimental studies such as non-randomized, controlled single-group, pre-post, cohort, time, or matched case-control series.
IV	Evidence is from well-designed, non-experimental studies such as comparative and correlational descriptive and case studies.
V	Evidence is from case reports and clinical examples.
Grade	Grading of recommendation
A	There is evidence of type I or consistent findings from multiple studies of types II, III, or IV
B	There is evidence of types II, III, or IV and findings are generally consistent
C	There is evidence of types II, III, or IV but findings are inconsistent
D	There is little or no systematic empirical evidence