

## Annex 5-D: Oseltamivir: Patient Handout

### Information about Tamiflu® (oseltamivir)

#### **What is Tamiflu®?**

Tamiflu® is a prescription drug effective both in preventing and treating influenza. It belongs to a class of antiviral drugs called neuraminidase inhibitors.

Tamiflu® is approved in Canada for treating influenza in people one year of age or older and for preventing influenza in people 13 years of age or older.

#### **How is Tamiflu® administered?**

Tamiflu® is available as a capsule that is taken orally (by mouth). For adults, it is taken twice daily for 5 days to treat influenza. For children, the dose depends on the child's weight. A liquid suspension of Tamiflu® can be taken by children or adults who cannot swallow a capsule.

#### **How much do these drugs help?**

Studies have shown that Tamiflu® can reduce the duration of influenza symptoms by one day if taken within two days of the onset of the illness. There is no information about how effective the drug is if treatment is started more than two days after the onset of symptoms.

#### **What are the side-effects?**

The most common side-effects are nausea and vomiting. These effects do not occur often and do not last long. Taking Tamiflu® with food may help to reduce these side-effects.

#### **Who should not take Tamiflu®?**

You should not take this medication if you have had a previous severe allergic reaction to Tamiflu®.

The dose of Tamiflu® may need to be adjusted if you have kidney disease.