

Relenza[®] Zanamivir

October 2009

Special points of interest

- *Treatment ideally should be initiated within 48 hours of the onset of symptoms.*
- *Bronchospasm can occur with use. Not recommended for patients with asthma or COPD. Patients on a short-acting bronchodilator should take their bronchodilator first.*
- *A small amount of lactose is added to the medication as a carrier. Patients who are allergic to milk protein should consult with their doctor before taking.*

What is Relenza?

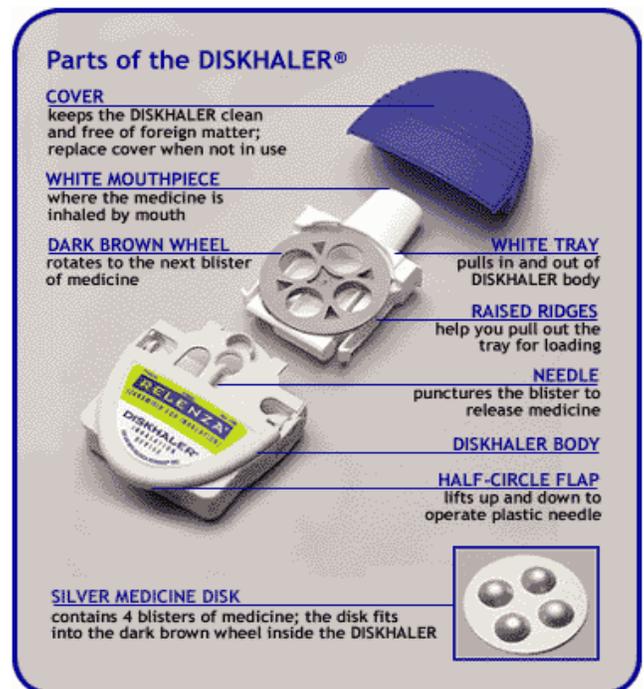
Relenza is an anti-viral agent (neuraminidase inhibitor) used for the treatment and prevention of influenza. It is indicated in adults and pediatric patients ≥7 years of age to alleviate influenza symptoms and reduce their duration. It can also help reduce the chance of getting the flu from a known exposure or in an outbreak situation.

Relenza is a dry powder medication for inhalation using a Diskhaler[®].

For more information:

CDC recommendations on use:
<http://www.cdc.gov/h1n1flu/recommendations.htm>

Relenza product monograph:
<http://www.gsk.ca/english/html/our-products/relenza.html>



Usual Dosing

For treatment of influenza

Adults and children ≥ 7 years

- *Two 5.0mg inhalations (10mg total) twice a day for 5 days.*

For prevention of influenza

Adults and children ≥ 5 years

- *Two 5.0mg inhalations (10mg total) once a day for 10 days.*

How to use the Diskhaler[®]

Step 1 Load Medicine

1. Remove the blue cover.
2. Pull to extend the white tray.
3. Press the ridges on both sides of the white tray to pull the tray out for loading.
4. Place one medication disk onto the brown wheel, **flat side up**.
5. Push in the white tray until it clicks firmly back in place.

Step 2 Puncture Blister

6. Lift up the half-circle flap straight up so that the needle completely pierces the medication blister. **Keep the device level.**
7. Close flap.

Step 3 Inhale Medication

8. Exhale fully away from device.
9. Place the mouthpiece into your mouth. Make sure not to cover the air holes on the mouth-

piece.

10. Inhale slowly and deeply.
11. Hold breath for 10 seconds and breathe out slowly.

Step 4 Move to Next Blister

12. Pull the white tray by the edges until it stops. (Don't remove it).
13. Push the tray back until it clicks to rotate the medication disk to the next blister.