

### What is Tamiflu® used for?

- This is a prescription medication used to treat or prevent influenza types A and B, including Pandemic (H1N1) virus.
- Tamiflu comes as either capsules, which contain 75 mg of active ingredient, or a liquid, which contains 12 mg per milliliter of active ingredient. If you receive the liquid, make sure you shake the bottle well before withdrawing a dose.
- It is important that you begin your treatment as soon as possible from the first appearance of your flu symptoms. It works best if started within 48 hours of the start of your symptoms.

### How do you take Tamiflu®?

- The usual adult dose of Tamiflu to treat the flu is one capsule (75 mg) twice a day for five days. It should be taken once in the morning and once in the evening. The dose may be lower for children or less often for anyone with kidney problems.
- Tamiflu can be taken with food or on an empty stomach. Taking it with food may reduce stomach upset.
- You must complete the entire treatment recommended by your doctor, even if you are feeling better after a couple of days.

### What should you do if you forget a dose of Tamiflu®?

If you miss a dose of Tamiflu take it as soon as possible. If it is within 2 hours of the next scheduled dose skip the missed dose and go back to your regular schedule. Do not take two doses at once.

### Are there side effects from taking Tamiflu®?

Tamiflu is generally well tolerated. The most common unwanted effects are:

- nausea
- vomiting

Other less common effects are:

- Dizziness or lightheadedness, these effects may worsen if combined with alcohol or certain medicines – do not drive or perform other risky activity until you know how it affects you.
- Confusion or unusual behavior changes, this risk may be greater in children. Contact your doctor if you notice symptoms of confusion or other unusual behavior changes.

Rare but severe side effects are possible. Seek immediate medical attention if you experience severe side effects like an allergic reaction (rash, hives, itching, difficulty breathing or swelling of mouth and lips), confusion, fever or sore throat, red, blistered or swollen skin, seizures or severe or persistent vomiting or diarrhea.

**If you have trouble breathing, call 911. If you have other side effects, call Health Link Alberta at 1-866-408-5465.**

### How should this product be stored?

#### Capsules

- Keep this medication out of the reach of children.
- Store at room temperature.
- Liquid needs to be stored in fridge

**This leaflet does not provide all known information about Tamiflu®. If you have any questions or concerns about your treatment, please speak with your doctor, or pharmacist.**