



Frequently asked questions about

Patient Information for TAMIFLU

From the Branch-Hillsdale-St. Joseph Community Health Agency

What is TAMIFLU? **TAMIFLU** is a prescription medicine used to treat the flu (influenza) in people 2 weeks of age and older who have had flu symptoms for no more than two days. It is also used to prevent the flu in people who are 1 year of age and older. It is **not known** if **TAMIFLU** is:

- Effective in people who start treatment after 2 days of developing the flu;
- Effective for the treatment of flu in people with long-term (chronic) heart problems or breathing problems;
- Effective for the treatment or prevention of flu in people who have weakened immune systems (immunocompromised);
- Safe and effective for the treatment of flu in children less than 2 weeks of age; and
- Safe and effective in the prevention of flu in children less than 1 year of age.

TAMIFLU does not treat or prevent illness that is caused by infections other than the influenza virus. **TAMIFLU** does not prevent bacterial infections that may happen with the flu. **TAMIFLU** does not take the place of receiving a flu vaccination. Talk to your healthcare provider about when you should receive an annual flu vaccination.

Who should not take TAMIFLU? **Do not take TAMIFLU if you are allergic to oseltamivir phosphate or any of the ingredients in TAMIFLU. (See ingredients listed at the end of this document.)**

What should I tell my healthcare provider before taking TAMIFLU?

Before you take **TAMIFLU**, tell your healthcare provider if you:

- Have problems swallowing **TAMIFLU** capsules.
- Have kidney problems.
- Have a history of fructose (fruit sugar) intolerance. **TAMIFLU** contains sorbitol and may cause stomach upset and diarrhea in people who are fructose intolerant.
- Have any other medical problems.
- Are pregnant or plan to become pregnant. It is not known if **TAMIFLU** will harm your unborn baby.
- Are breastfeeding or are planning to breastfeed. It is not known if **TAMIFLU** passes into your breast milk. You and your healthcare provider should decide if you will take **TAMIFLU** while you are breastfeeding.

Tell your healthcare provider about all the medicines you take, including prescription or over-the-counter medicines, vitamins and herbal supplements. Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take TAMIFLU?

- Take **TAMIFLU** exactly as your healthcare provider tells you to.
- Take **TAMIFLU** with food or without food. There is a less chance of stomach upset if you take **TAMIFLU** with food.
- If you miss a dose of **TAMIFLU**, take it as soon as you remember. If it is 2 hours or less before your next dose, do not take the missed dose. Take your next doses of **TAMIFLU** at your scheduled time. Do not take 2 doses at the same time.
- If **TAMIFLU** for oral suspension is not available or you cannot swallow **TAMIFLU** capsules, your healthcare provider may instruct you to open **TAMIFLU** capsules and mix the capsules contents with sweetened liquids such as chocolate syrup (regular or sugar-free), corn syrup, caramel topping, or light brown sugar (dissolved in water).

What are the possible side effects of TAMIFLU?

TAMIFLU may cause serious side effects, including:

- **Serious skin and allergic reactions.** **TAMIFLU** can cause serious skin and allergic reactions. Stop taking **TAMIFLU** and get medical help right away if you get any of the following symptoms:
 - Skin rash or hives
 - Your skin blisters and peels
 - Blisters or sores in your mouth
 - Itching
 - Swelling of your face, eyes, lips, tongue or throat
 - Trouble breathing
 - Chest pain or tightness
- **Change in behavior.** People especially children, who have the flu can develop nervous system problems and abnormal behavior that can lead to death. During treatment with **TAMIFLU**, tell your healthcare provider right away if you or your child have confusion, speech problems, shaky movements, seizures, or start hearing voices or seeing things that are not really there (hallucinations).

The most common side effects of **TAMIFLU** when used for treatment of the flu include nausea and vomiting. The most common side effects of **TAMIFLU** when used for the prevention of the flu include nausea, vomiting, diarrhea and stomach (abdomen) pain. Tell your healthcare provider if you have any side effect that bothers you or that does not go away. **THESE ARE NOT ALL OF THE POSSIBLE SIDE EFFECTS OF TAMIFLU.** Call your doctor for medical advice about side effects. You may report side effects to **FDA at 1-800-FDA-1088.**

How should I store TAMIFLU?

- Store **TAMIFLU** capsules at room temperature between 68°F to 77°F (20°C to 25°C).
- Store **TAMIFLU** for oral suspension in the refrigerator for up to 17 days between 36°F to 46°F (2°C to 8°C).
- Store **TAMIFLU** for oral suspension for up to 10 days at room temperature 68°F to 77°F (20°C to 25°C).
- Safely throw away any unused **TAMIFLU** that is out of date or no longer needed.

KEEP TAMIFLU AND ALL MEDICATIONS OUT OF THE REACH OF CHILDREN.

General information about the safe and effective use of TAMIFLU: Medicines are sometimes prescribed for purposes other than those listed in a Patient Information sheet. Do not use **TAMIFLU** for a condition for which it was not prescribed. Do not give **TAMIFLU** to other people, even if they have the same symptoms you have. It may harm them.

If you would like more information, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about **TAMIFLU** that is written for health professionals.

For more information, go to www.tamiflu.com

What are the active ingredients in TAMIFLU?

Active ingredient: oseltamivir phosphate

Inactive ingredients:

TAMIFLU capsules: pregelatinized starch, talc, povidone K30, croscarmellose sodium, and sodium stearyl fumarate

- **30mg capsule shell:** gelatin, titanium dioxide, yellow iron oxide, and red iron oxide
- **45 mg capsule shell:** gelatin, titanium dioxide, and black iron oxide
- **75 mg capsule shell:** gelatin, titanium dioxide, yellow iron oxide, black iron oxide and red iron oxide

TAMIFLU for oral suspension: sorbitol, monosodium citrate, xanthan gum, titanium dioxide, tutti-frutti flavoring, sodium benzoate, saccharin sodium and water.

For more information about the flu and other important health information, visit us on the web at:

www.bhsj.org

Or call your local Health Department office at:

Coldwater
517-279-9561 x 105

Hillsdale
517- 437-7395 x 110

Three Rivers
269- 273-2161 x 241