Patient information Leaflet

**Tamiflu**

**Tamiflu:**

Tamiflu is only effective if it is started within 48 hours of your influenza symptoms developing – the earlier you start treatment, the more effective it is.

Typical symptoms of seasonal influenza include:

* Fever – a temperature over 380C
* Headache
* Muscle aches
* Sore throat and/or cough
* Extreme tiredness

Tamiflu is not effective against the common cold, throat or chest infection caused by other viruses

**Dosage:**

For adults and adolescents 13 years or older the dose is 1 Tamiflu 75mg capsule x2 a day for five days.

 It is important to complete the entire course, even if you feel better after a couple of days.

**Directions for use:**

* Swallow Tamiflu capsules whole with a glass of water.
* Do not break or chew the capsules before swallowing
* Tamiflu can be taken with or without food; however you may find it gentler on your stomach if taken with food

**Side effects:**

* The most common side effect of Tamiflu is nausea and vomiting. This may occur with the first dose and will decrease as you get used to Tamiflu
* Contact your GP or nearest Emergency Dept if you develop **any** of the following symptoms:
	+ sudden signs of allergy such as skin rash
	+ swelling of the face, lips or tongue
	+ shortness of breath or wheezing
	+ yellowing of the skin and/or eyes
	+ itching
	+ dark coloured urine

**Important:**

Tamiflu is not recommended for use in children younger than one year of age.

Ensure you have told your GP of any drug related or other allergies.

Ensure your GP knows what prescription and nonprescription medications, vitamins, nutritional supplements and herbal products you are taking,

Tell your GP if you are pregnant, planning to become pregnant or breastfeeding.