

Tamiflu for People who Cannot Swallow Capsules

Adults and adolescents (13 years or older)

Adults and adolescents who are unable to swallow capsules may receive a 75mg dose of Tamiflu by following the instructions below.

1. Hold one Tamiflu 75 mg capsule over a small bowl, carefully pull the capsule open and pour the powder into the bowl,
2. Add a suitable, small amount (1 teaspoon maximum) of sweetened food product such as regular or sugar-free chocolate syrup, honey, light brown or table sugar dissolved in water, dessert toppings, sweetened condensed milk, apple sauce or yogurt to mask the bitter taste of the medicine.
3. Stir the mixture well and give the entire contents to the patient. The mixture must be swallowed immediately after its preparation. If there is some mixture left inside the bowl, rinse the bowl with a small amount of water and have the patient drink this remaining mixture. It is not necessary to administer any undissolved white powder.

Children (1 year or older)

Children who are unable to swallow capsules and require a dose different to that available in capsule form may receive appropriate doses of Tamiflu by following the instructions below.

1. Hold one Tamiflu 75 mg capsule over a small bowl, carefully pull the capsule open and pour the powder into the bowl.
2. Add 5 mL water to the powder using a syringe with markings (called a "graduated syringe") to show how much fluid has been drawn up. Stir for about two minutes.
3. Draw up into the syringe the correct amount of mixture from the bowl (see table below) based on the recommended dose required, which is body weight dependent (see tables below).

Body weight	Recommended dose	Amount of Tamiflu mixture for one dose
≤ 15 kg	30 mg	2 ml
> 15 to 23kg	45 mg	3 ml
> 23 kg to 40 kg	60 mg	4 ml
> 40 kg	75 mg	5 ml

It is not necessary to draw up any undissolved white powder.

4. Push down on the plunger of the syringe, to empty its entire contents into a second bowl. Discard any unused mixture.
5. In the second bowl, add a suitable, small amount (1 teaspoon maximum) of sweetened food product such as regular or sugar-free chocolate syrup, honey (only for children two years or older), light brown or table sugar dissolved in water, dessert toppings, sweetened condensed milk, apple sauce or yogurt to the mixture to mask the bitter taste of the medicine.
6. Stir this mixture well and give the entire contents of the second bowl to the patient. This mixture must be swallowed immediately after its preparation. If there is some mixture left inside the bowl, rinse the bowl with a small amount of water and have the patient drink this remaining mixture.

TAMIFLU can be taken with or without food. However, you may find TAMIFLU is easier on your stomach if taken with food.

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Information sourced from the Tamiflu Product Information Leaflet available at
<http://www.medsafe.govt.nz/Consumers/cmi/t/tamiflu.htm>