

Patient Information

TAMIFLU™ (oseltamivir phosphate)

This leaflet contains important information about TAMIFLU (TAM-ih-flew). Read it well before you begin treatment. This information does not take the place of talking with your health care professional about your medical condition or your treatment. This leaflet does not list all the benefits and risks of TAMIFLU. If you have any questions about TAMIFLU, ask your health care professional. Only your health care professional can determine if TAMIFLU is right for you.

What is TAMIFLU?

TAMIFLU attacks the influenza virus and stops it from spreading inside your body. TAMIFLU treats flu at its source, by attacking the virus that causes the flu, rather than simply masking symptoms.

TAMIFLU is for treating adults with the flu whose flu symptoms started within the last day or two. TAMIFLU can also reduce the chance of getting the flu in people age 13 and older who have a higher chance of getting the flu because they spend time with someone who has the flu. TAMIFLU can also reduce the chance of getting the flu if there is a flu outbreak in the community.

What is “Flu”?

“The flu” is an infection caused by the influenza virus. Flu symptoms include fever (usually 100°F to 103°F in adults, and sometimes higher in children) and problems such as cough, sore throat, runny or stuffy nose, headaches, muscle aches, fever, and extreme tiredness. Many people use the term “flu” to mean any combination of these symptoms, such as the common cold, but true influenza infection is often worse and may last longer than a cold.

Flu outbreaks happen about once a year, usually in the winter, when the influenza virus spreads widely in the community. Outside of those outbreaks, only a very tiny number of respiratory infections are caused by the influenza virus.

Should I get a flu shot?

TAMIFLU is not a substitute for a flu vaccination. You should continue to get a flu vaccination every year, according to your health care professional’s advice.

Who should not take TAMIFLU?

Do not take TAMIFLU if you are allergic to the main ingredient, oseltamivir phosphate, or to any other ingredients of TAMIFLU. Before starting treatment, make sure your health care professional knows if you take any other medicines, or are pregnant, planning to become pregnant, or breastfeeding. TAMIFLU is normally not recommended for use during pregnancy or nursing, as the effects on the unborn child or nursing infant are unknown.

Tell your health care professional if you have any type of kidney disease, heart disease, respiratory disease, or any serious health condition.

How should I take TAMIFLU?

It is important that you begin your treatment with TAMIFLU as soon as possible from the first appearance of your flu symptoms or soon after you are exposed to the flu. If you feel worse or develop new symptoms during treatment with TAMIFLU, or if your flu symptoms do not start to get better, you should contact your health care professional.

If you have the flu: Take TAMIFLU twice a day for 5 days, once in the morning and once in the evening. You should complete the entire treatment of 10 capsules, even if you feel better.

To prevent the flu: If someone in your home has the flu, take TAMIFLU once a day for at least 7 days or for as long as prescribed. You can take TAMIFLU for up to 6 weeks if you are exposed to the flu because of an outbreak in your community. Follow your health care professional's advice on how long to take TAMIFLU.

You can take TAMIFLU with food or without food. There is less chance of stomach upset if you take it with a light snack, milk, or a meal.

If you forget to take your medicine, take the missed dose as soon as you remember, except if it is 2 hours or less before your next dose. Then continue to take TAMIFLU at the usual times. Do not take 2 doses at a time to make up for a missed dose. If you miss several doses, tell your health care professional and follow the advice given to you.

What are the possible side effects of TAMIFLU?

The most common side effects of TAMIFLU are nausea and vomiting. These are usually mild to moderate. They usually happen in the first 2 days of treatment. Taking TAMIFLU with food may reduce the chance of getting these side effects.

If you notice any side effects not mentioned in this leaflet, or if you have any concerns about the side effects you get, tell your health care professional.

How and where should I store TAMIFLU?

TAMIFLU capsules should be stored at room temperature below 77°F (25°C) and kept in a dry place. Keep this medication out of reach of children.

General advice about prescription medicines:

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. 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 not be right for them.

This leaflet summarizes the most important information about TAMIFLU. If you would like more information, talk with your health care professional. You can ask your pharmacist or health care professional for information about TAMIFLU that is written.

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Debra Birnkrant
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NDA 21-087/S-002