



1. Empty a Tamiflu 75 mg capsule in a bowl and add 5 mL water to the powder. Stir for about two minutes.
2. Draw up into the syringe the correct amount of mixture from the bowl
  - 30 mg= 2 mL
  - 45 mg= 3 mL
  - 60 mg = 4 mL
3. Add a suitable, small amount (1 teaspoon maximum) of sweetened food such as sugar dissolved in water, dessert toppings, sweetened condensed milk, apple sauce or yogurt to the mixture to mask the bitter taste.

### Children under 1 year

Oseteltamivir (Tamiflu) should be used with caution in children under 1 year of age. Advice from a paediatrician must be sought.

### Pregnancy and Breastfeeding

Pregnant women are known to be at higher risk for complications from infection with influenza and severe disease among pregnant women has been reported with H1N1 swine influenza. Oseteltamivir has only been taken by a limited number of pregnant women, but no increased harmful effects have been reported. The benefits and risks of these medications should be discussed with your health care provider.

How to take oseteltamivir (Tamiflu)

Swallow capsules whole with a glass of water with or without food. If oseteltamivir (Tamiflu) upsets your stomach, it is better to take it with food.

### Side Effects of oseteltamivir (Tamiflu)

Some people taking oseteltamivir (Tamiflu) may experience side effects. Side effects may include nausea, vomiting, diarrhoea or abdominal pain. Taking the medication with food may help to reduce or prevent these side effects. Rarely side effects such as confusion, hallucinations, seizures or abnormal behaviour may occur. If these symptoms occur cease the medication and discuss with your doctor.

### For more information contact your nearest GP or Centre for Disease Control

Centre for Disease Control, Darwin	89228044
Centre for Disease Control, Katherine	89739049
Centre for Disease Control, Nhulunbuy	89870357
Centre for Disease Control, Tennant Creek	89624259
Centre for Disease Control, Alice Springs	89517540