



Creating Liquid Tamiflu®

for children during a Pandemic Flu



How to Make Liquid Tamiflu®

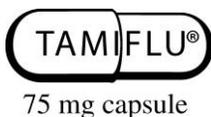
25 mg per 5 mL (teaspoon)

You will need:

- 75 mg Tamiflu® capsule
- Measuring teaspoon(s) or regular eating teaspoon or medicine cup or medicine syringe
- One (1) small bowl or cup
- Water and one of the following:
sugar, chocolate or flavored syrup, flavored dessert toppings
- These directions

Please read all instructions before you begin.

Step 1



75 mg capsule

Carefully pull apart one 75 mg Tamiflu® capsule.



Empty the contents into a small bowl.



Add 3 teaspoons of water to the medicine powder.



Mix well until the powder dissolves and there is no more powder at the bottom of the bowl.

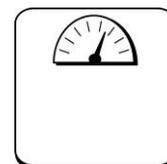


Note: You may use this medicine mixture for up to 24 hours if it is kept covered and stored at room temperature or in the refrigerator. Throw away any unused liquid after 24 hours and mix fresh every day.

Step 2

Weigh your child. Use your child's weight to find the correct dosage on the chart below.

Weight: _____ lbs



Dosage Charts

You can find out how much medicine to give your child based on your child's age or weight.

Use this chart to find the amount for one (1) dose.

Give this dose _____ time(s) a day (_____ in the morning; _____ at night) for as many days as you were told to give the medicine.

Dosage chart for children UNDER 1 year of age

Tamiflu® oral liquid 25mg per 5 mL (per teaspoon)	
Age	Dose
Under 3 months*	½ teaspoon (2.5 mL)
3-5 months	¾ teaspoon (3.75 mL)
6-11 months	1 teaspoon (5 mL)

*Tamiflu is only recommended for TREATMENT in infants under 3 months of age. It is not recommended for prophylaxis in this age group unless directed by a physician.

Dosage chart for children OVER 1 year of age

Tamiflu® oral liquid 25mg per 5 mL (per teaspoon)	
Weight (lb)	Dose
Less than 16 lbs. and Older than 1 year of age	1 teaspoon (5 mL)
16 lbs to 30 lbs.	1 teaspoon (5 mL)
31 lbs to 36 lbs.	1 & 1/2 teaspoons (7.5 mL)
37 lbs to 52 lbs.	2 teaspoons (10 mL)
53 lbs to 88 lbs.	2 & 1/2 teaspoons (12.5 mL)
More than 89 lbs.	3 teaspoons (15 mL) or 1 whole capsule (75mg)

See reverse side for more directions.

Continued from reverse side

My child's name _____

My child's dose is _____

If you do not have a measuring teaspoon, then use a regular teaspoon. When using a regular teaspoon it may be hard to measure one-half teaspoon. Do the best you can. It is better to give a little more medicine than not enough.

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My child's name _____

My child's dose is _____

Step 3

This medicine can be given with or without food. Giving it with meals may lessen symptoms of nausea and vomiting.



One (1) dose of Tamiflu® liquid

Mix with: sugar, chocolate or flavored syrup or flavored dessert toppings to hide the bitter taste of the medicine.

Mix well before giving.

Make sure your child eats or drinks all of the food or drink that is mixed with the medicine.

Step 4

Different Ways to Give the Medicine

Bottle Nipple:

Mix the dose of medicine with a little formula or breast milk. Then add a little sugar, or chocolate or flavored syrup and put the medicine mix inside the nipple of a bottle. Let your child suck on the nipple until the medicine is gone.

Medicine Syringe:

In a small cup or bowl, mix the dose of medicine with a little water, formula or breast milk. Then add sugar, or chocolate or flavored syrup and mix well. Remove cap from tip of syringe. Place tip of syringe into the medicine mix and draw up into the syringe. Squirt the medicine into the mouth along the side of the cheek. Make sure the child drinks all the liquid mixed with the medicine.



For older children:

Make sure your child eats or drinks all the food or drink that is mixed with the medicine.



Important Information:

Tamiflu® may prevent FluMist® from working well. If your child was given FluMist® within the last one to two weeks, talk to your doctor before giving your child Tamiflu.

Possible Side Effects of Tamiflu®:

- Stomach pain, upset stomach, nausea, throwing up, diarrhea
- Bronchitis, cough, asthma, sinus infection, pneumonia
- Ear ache, ear infection, nosebleed
- Dizziness, headache, unable to sleep, feeling tired

Warnings

Stop use and seek medical help if your child develops any of these rare but dangerous symptoms:

- Allergic effects such as: trouble breathing; closing of the throat; swelling of lips, tongue or face; hives
- Blistering or peeling skin rash
- Abnormal behavior, confusion, hallucinations, speech problems, convulsions
- Yellowing of skin or eyes, dark urine, severe stomach pain, vomiting and loss of appetite
- Irregular heart beat

Go to: www.fda.gov/cder/drug/infopage/tamiflu for more information about Tamiflu®.

If you have further questions, contact your family physician, local pharmacist, or the Illinois Help Line at 866-331-9191.

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Note: Information contained in this brochure is based on the Centers for Disease Control and Prevention (CDC) Interim Guidance for Clinicians on the Prevention and Treatment of Swine-Origin Influenza Virus Infection in Young Children, April 28, 2009.