

# TAMIFLU(R)

contains the active ingredient oseltamivir

## Consumer Medicine Information

### What is in this leaflet

This leaflet answers some common questions about TAMIFLU capsules.

It does not contain all the available information.

It does not take the place of talking to your doctor or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking TAMIFLU against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your doctor or pharmacist.**

**Keep this leaflet with the medicine.**

You may need to read it again.

### What TAMIFLU is used for

TAMIFLU contains the active ingredient oseltamivir.

TAMIFLU is used for the treatment and prevention of influenza (an infection caused by the influenza virus). It has no effect on the common cold or other respiratory virus infections.

TAMIFLU belongs to a group of medicines called neuraminidase inhibitors. These medicines attack the influenza virus and prevent it from spreading inside your body.

TAMIFLU is absorbed to the key sites of influenza infection and treats the cause. Taking TAMIFLU means you feel better faster.

You will also be less likely to develop complications of influenza, such as bronchitis, pneumonia and sinusitis.

Typical symptoms of influenza include fever, headache, muscle aches, sore throat, cough and generally feeling unwell.

**Ask your doctor if you have any questions about why TAMIFLU has been prescribed for you.**

TAMIFLU is not addictive.

This medicine is available only with a doctor's prescription.

### Before you take TAMIFLU

#### When you must not take it

Do not take TAMIFLU if:

- 1. you have had an allergic reaction to TAMIFLU or any ingredients listed at the end of this leaflet**
- 2. the package is torn or shows signs of tampering**
- 3. the expiry date (EXP) printed on the pack has passed.**

If you take this medicine after the expiry date has passed, it may not work as well.

**If you are not sure if you should be taking TAMIFLU, talk to your doctor.**

#### Use in the elderly

Although there is limited experience with use of TAMIFLU in patients 65 years and older, the same dose is recommended in elderly patients.

#### Use in children

**Do not give TAMIFLU to children under 1 year of age.**

Safety and effectiveness in children under one year of age have not been established.

For children who weigh over 40 kg and who are able to swallow capsules, one TAMIFLU capsule twice a day is recommended for the treatment of influenza.

#### Before you start to take it

Tell your doctor if:

- 1. you are pregnant or plan to become pregnant**  
It is not known whether TAMIFLU is harmful to an unborn baby when taken by a pregnant woman. If there is a need to take TAMIFLU when you are pregnant your doctor will discuss the risks and benefits to you and the unborn baby.
- 2. you are breast-feeding or plan to breast-feed**  
It is not known whether TAMIFLU passes into breast milk. Your doctor will discuss the risks and benefits of using TAMIFLU if you are breast-feeding.
- 3. you have any other health problems, especially the**

following:

kidney failure, kidney impairment or kidney disease.

4. you are allergic to any other medicines, foods, dyes or preservatives.

If you have not told your doctor about any of the above, tell them before you start taking TAMIFLU.

### **Taking other medicines**

Tell your doctor if you are taking any other medicines, including any that you have bought from a pharmacy, supermarket or health food shop.

These medicines may be affected by TAMIFLU, or may affect how well it works. You may need to use different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your doctor or pharmacist has more information on medicines to be careful with or avoid while taking TAMIFLU.

It is safe to take aspirin, paracetamol and cough medicines with TAMIFLU.

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## **How to take TAMIFLU**

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Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

**Start taking TAMIFLU as soon as possible after you have been diagnosed with influenza.**

The earlier you start treatment with TAMIFLU, the shorter will be the duration of your influenza.

### **How much to take**

Take TAMIFLU exactly as your doctor has prescribed.

### **Treatment of influenza**

The usual dose is one TAMIFLU capsule twice a day for 5 days.

### **Prevention of influenza**

The usual dose is one TAMIFLU capsule once a day while protection is required. Safety and effectiveness have been shown in patients taking TAMIFLU for up to 6 weeks.

### **How to take it**

Swallow capsules whole with a glass of water with or without food.

It does not matter whether you take TAMIFLU with food or not. However, if TAMIFLU upsets your stomach, it is better to take TAMIFLU with food.

**Do not break or chew the capsules before swallowing.**

### **When to take it**

**Treatment with TAMIFLU should be started as soon as possible, but no later than 48 hours after the first symptoms of influenza.**

Taking your medicine at the same time each day will help you remember when to take the capsules.

### **How long to take it**

Continue taking TAMIFLU until your doctor tells you to stop or your course of treatment is complete.

### **If you forget to take it**

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Otherwise, take it as soon as you remember and then go back to taking it as you would normally.

If you are not sure what to do, ask your doctor or pharmacist.

If you have trouble remembering your dose, ask your pharmacist for some hints.

### **In case of an overdose**

**Immediately telephone your doctor, or Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at your nearest hospital, if you think you or anyone else may have taken too much TAMIFLU. Do this even if there are no signs of discomfort or poisoning.**

The following are some symptoms of overdose which may or may not occur:

- \* nausea (feeling like vomiting)
- \* vomiting

**Keep telephone numbers for these places handy.**

**If you are not sure what to do, contact your doctor or pharmacist.**

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## **While you are taking TAMIFLU**

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### **Things you must do**

Tell your doctor if you have kidney failure or impairment or any other problems with your kidneys.

Tell all doctors, dentists and pharmacists who are treating you that you are taking TAMIFLU.

Tell your doctor if you become pregnant while taking TAMIFLU.

Tell your doctor if, for any reason, you have not taken your medicine exactly as prescribed.

Otherwise, your doctor may think that it was not effective and change your treatment unnecessarily.

Be sure to keep all of your appointments with your doctor so that your progress can be checked.

### **Things you must not do**

Do not stop taking TAMIFLU or change the dose without first checking with your doctor.

Do not let yourself run out of medicine over the weekend or on holidays.

**Do not give TAMIFLU to anyone else even if they have the same condition as you.**

**Do not use TAMIFLU to treat other complaints unless your doctor says to.**

**Do not take any other medicines whether they require a prescription or not without first telling your doctor or consulting a pharmacist.**

### ***Things to be careful of***

**Be careful driving or operating machinery until you know how TAMIFLU affects you.**

However, TAMIFLU is not expected to affect your ability to drive a car or operate machinery.

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## **Side effects**

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**Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking TAMIFLU.**

TAMIFLU helps most people with influenza but it may have unwanted side effects in a few people.

All medicines can have side effects. Sometimes they are serious, most of the time they are not. You may need medical treatment if you get some of the side effects.

**Ask your doctor or pharmacist to answer any questions you may have.**

**Tell your doctor if you notice any of the following and they worry you:**

- \* nausea (feeling like vomiting)
- \* vomiting
- \* stomach ache

These are the more common side effects of TAMIFLU. Mostly these are mild.

Taking TAMIFLU with food may reduce the potential for some or all of these side effects.

This is not a complete list of all possible side effects. Others may occur in some people and there may be some side effects not yet known.

**Tell your doctor if you notice anything else that is making you feel unwell, even if it is not on this list.**

**Ask your doctor or pharmacist if you don't understand anything in this list.**

Do not be alarmed by this list of possible side effects. You may not experience any of them.

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## **After taking TAMIFLU**

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### ***Storage***

**Keep your capsules in the blister pack until it is time to take them.**

If you take the capsules out of the blister pack they may not keep well.

**Keep TAMIFLU in a cool dry place where the temperature stays below 30 degrees C.**

**Do not store it, or any other medicine, in a bathroom or near a sink.**

**Do not leave it in the car or on window sills.**

Heat and dampness can destroy some medicines.

**Keep TAMIFLU where young children cannot reach it.**

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

### ***Disposal***

**If your doctor tells you to stop taking TAMIFLU, or the capsules have passed their expiry date, ask your pharmacist what to do with any tablets that are left over.**

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## **Product description**

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### ***Availability***

TAMIFLU comes in one capsule strength, 75 mg.

TAMIFLU comes in blister packs containing 10 capsules.

### ***What TAMIFLU looks like***

TAMIFLU capsules have a light yellow cap with an opaque body.

"ROCHE" is printed in blue ink on the grey body and "75 mg" is printed in blue ink on the light yellow cap.

### ***Ingredients***

#### **Active ingredient - oseltamivir**

- \* 75 mg oseltamivir (present as 98.5 mg oseltamivir phosphate)

#### **Inactive ingredients -**

##### **\* Capsule contents:**

- maize starch
- povidone K 30
- croscarmellose sodium
- talc
- sodium stearyl fumarate

##### **\* Capsule shell:**

- gelatin
- titanium dioxide (171)
- black iron oxide (172)
- red iron oxide (172)
- yellow iron oxide (172)
- shellac (904)
- indigo carmine (132)

TAMIFLU capsules are gluten free and lactose free.

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## **Distributor**

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TAMIFLU is distributed by:

Roche Products Pty Limited

ACN 000 132 865

ABN 70 000 132 865

4-10 Inman Road

Dee Why NSW 2099

Customer enquiries: 1 800 233 950

Please check with your pharmacist  
for the latest Consumer Medicine  
Information.

Australian Registration Number

\* AUST R 76017

This leaflet was prepared in  
December 2004.