



## 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

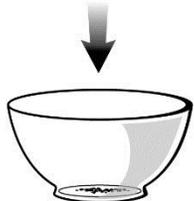
Please read all instructions before you begin.

### Step 1



75 mg capsule

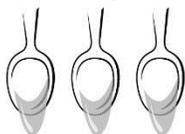
Carefully pull apart one (1) 75mg Tamiflu® capsule



Empty contents into a small bowl.



Add three (3) teaspoons (15mL) of water to the medicine powder.



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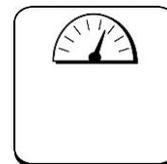


Mix well until the powder dissolves and there is no more powder at the bottom of the bowl.

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 Chart

- You can find out how much medicine to give your child based on your child's age and 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 5 days.

#### Tamiflu® Dosage Chart for Children

Tamiflu® oral liquid 25 mg per 5mL (per teaspoon)		
Weight (lbs)	Dose (teaspoon)	Dose (mL)
Up to 3 months (Treatment Only)		
Up to 6lbs*	¼ teaspoon	1.25 mL
Over 6 lbs to 10 lbs*	½ teaspoon	2.5 mL
Over 10 lbs to 14 lbs*	¾ teaspoon	3.75 mL
3 months and older (Treatment and Prophylaxis)		
Over 14 lbs to 18lbs*	1 teaspoon	5 mL
Less than 33 lbs	1 ¼ teaspoons	6.25 mL
Over 33 lbs to 50 lbs	2 teaspoons	10 mL
Over 50 lbs to 88 lbs	2 ½ teaspoons	12.5 mL
Over 88 lbs	3 teaspoons or 1 75 mg capsule	15 mL

\*Tamiflu® is only recommended for PROPHYLAXIS in infants 3 months and older. It is not recommended for prophylaxis younger than 3 months unless directed by a physician. Dosage is applicable for treatment and prophylaxis against influenza as referenced by the CDC.

See reverse side for more directions

Continued from reverse side

If you do not have a measuring teaspoon, then use a regular teaspoon. When using a regular teaspoon it may be hard to measure portions (1/4, 1/2, or 3/4) of a 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 \_\_\_\_\_

Mix this amount with food or liquid. See below.

### 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:

Mix the medicine as described in Step 3. 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
- Nosebleed
- Dizziness, headache, difficulty sleeping, tiredness

#### 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

For more information about Tamiflu®, go to:

<http://www.cdc.gov/flu/antivirals/whatyoushould.htm>

If you have further questions, contact your family physician, local pharmacist, or the state designated help line.

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*Note: Information contained in this brochure is based on the Centers for Disease Control and Prevention (CDC) Influenza Antiviral Medications: Summary for Clinicians February 25, 2015.*

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