

Package Leaflet: Information for the user

Tamiflu 12 mg/ml powder for oral suspension oseltamivir

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any of the side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

What is in this leaflet

1. What Tamiflu is and what it is used for
2. What you need to know before you take Tamiflu
3. How to take Tamiflu
4. Possible side effects
5. How to store Tamiflu
6. Contents of the pack and other information

1. What Tamiflu is and what it is used for

- Tamiflu is used for adults, adolescents, infants and children 1 year old and older.
- Tamiflu is prescribed to you for **treating flu** (*influenza*). It can be used when you have flu symptoms, and the flu virus is known to be circulating in your community. Other times it may be used as listed below.
 - Tamiflu is prescribed for **preventing flu**. It can be used if you have been in contact with someone who has flu. This is generally decided on a case-by-case basis.
 - Tamiflu is prescribed as **preventive treatment** in exceptional cases. For example, it can be used when the seasonal flu vaccine may not provide sufficient protection and when there is a flu pandemic (global epidemic of flu).
- **During a flu pandemic, Tamiflu can also be used to treat or prevent flu in babies below 1 year of age.** Doctors should make decisions on whether to use Tamiflu in babies of this age, based on the severity of the disease caused by the flu virus and the baby's state of health, to ensure that the baby is likely to benefit from the medicine.
- Tamiflu contains oseltamivir, which belongs to a group of medicines named *neuraminidase inhibitors*. These medicines prevent the flu virus from spreading inside the body. They help to ease or prevent the symptoms of the flu virus infection.
- Influenza, usually called flu, is an infection caused by a virus. The signs of flu often include a sudden fever (more than 37.8 °C), cough, runny or stuffy nose, headaches, muscle aches and extreme tiredness. These symptoms can also be caused by other infections. True influenza infection only occurs during annual outbreaks (*epidemics*) when flu viruses are spreading in the local community. Outside epidemic periods, flu-like symptoms are usually caused by a different type of infection or illness.

2. What you need to know before you take Tamiflu

Do not take Tamiflu

- if you are allergic (*hypersensitive*) to oseltamivir or any of the other ingredients of Tamiflu listed in section 6.

Warnings and precautions

Before you take Tamiflu, make sure your prescribing doctor knows

- if you are allergic to other medicines
- if you have problems with your kidneys. If so, your dose may need adjustment.
- if you have a severe medical condition, which may require immediate hospitalisation
- if your immune system is not working
- if you have chronic heart disease or respiratory disease.

During treatment with Tamiflu, tell your prescribing doctor

- if you notice changes in behaviour or mood (*neuropsychiatric events*), especially in children and adolescents).

Tamiflu is not a flu vaccine

Tamiflu is not a vaccine: it treats infection, or prevents the flu virus spreading. A vaccine gives you antibodies against the virus. Tamiflu will not change the effectiveness of a flu vaccine, and you might be prescribed both by your doctor.

Other medicines and Tamiflu

Tell your doctor or pharmacist if you are taking any other medicines, or have recently taken any. This includes medicines obtained without a prescription. The following medicines are particularly important:

- chlorpropamide (used to treat diabetes)
- methotrexate (used to treat e.g. rheumatoid arthritis)
- phenylbutazone (used to treat pain and inflammation)
- probenecid (used to treat gout)

Pregnancy and breast-feeding

You must tell your doctor if you are pregnant, if you think you are pregnant or if you are trying to get pregnant so that your doctor can decide if Tamiflu is right for you.

The effects on breastfed infants are unknown. You must tell your doctor if you are breast-feeding so that your doctor can decide if Tamiflu is right for you.

Ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines

Tamiflu has no effect on your ability to drive or use machines.

Tamiflu contains fructose

Before you take Tamiflu, make sure your prescribing doctor knows if you have hereditary fructose intolerance. This medicine contains sorbitol, which is a form of fructose.

Sorbitol can have a mild laxative effect.

3. How to take Tamiflu

Take this medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Always use the oral dispenser that is provided in the box and has markings indicating the dose in milligrams (mg).

Take Tamiflu as soon as possible, ideally within the first two days of the start of flu symptoms.

The recommended doses

For treating flu, take two doses daily. It is usually convenient to take one dose in the morning and one in the evening. **It is important to complete the whole 5-day course**, even if you start to feel better quickly.

For preventing flu or after being exposed to an infected person, take one dose daily for 10 days. It is best to take this in the mornings with breakfast.

In special situations, such as widespread flu and for patients with a weak immune system, treatment will continue for up to 6 weeks or 12 weeks.

The oral suspension can be used by people who find it hard to take capsules. You must use the amount of oral suspension prescribed by the doctor. **The recommended dose is based on the patient's body weight.**

Adults and adolescents 13 to 17 years old

Body weight	Treating flu: dose for 5 days	Preventing flu: dose for 10 days
40 kg or more	75 mg twice daily	75 mg once daily

75 mg is made up of a 30 mg dose plus a 45 mg dose

Children 1 to 12 years old

Body weight	Treating flu: dose twice daily for 5 days	Preventing flu: dose once daily for 10 days
10 kg to 15 kg	30 mg twice daily	30 mg once daily
More than 15 kg, up to 23 kg	45 mg twice daily	45 mg once daily
More than 23 kg, up to 40 kg	60 mg twice daily	60 mg once daily
More than 40 kg	75 mg twice daily	75 mg once daily

75 mg is made up of a 30 mg dose plus a 45 mg dose

Infants less than 1 year old

This formulation is not suitable for infants less than 1 year old.

If you take more Tamiflu than you should, stop taking Tamiflu and contact your doctor or pharmacist immediately.

You might experience nausea, vomiting and/or dizziness.

If you forget to take Tamiflu

Do not take a double dose to make up for a forgotten dose.

If you stop taking Tamiflu

There are no side effects when you stop Tamiflu. But if Tamiflu is stopped earlier than your doctor told you, the symptoms of flu may come back.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Many of the side effects listed below may also be caused by influenza.

The most frequently (very common and common) reported side effects of Tamiflu are feeling or being sick (nausea, vomiting), stomach ache, stomach upset, headache and pain. These side effects mostly occur after the first dose of the medicine and will usually stop as treatment continues. The frequency of these effects is reduced if the medicinal product is taken with food.

Rare but serious effects: get medical help at once

(These may affect up to 1 in 1,000 patients)

During Tamiflu treatment, rare events have been reported that include

- Convulsions and delirium, including altered level of consciousness
- Confusion, abnormal behaviour
- Delusions, hallucinations, agitation, anxiety, nightmares

These are reported primarily among children and adolescents and often started suddenly and resolved rapidly. A few cases resulted in self-injury, some with fatal outcome. Such neuropsychiatric events have also been reported in patients with influenza who were not taking Tamiflu.

- Patients, especially children and adolescents, should be closely monitored for the behavioural changes described above.
- **If you notice any of these symptoms, especially in younger people, get medical help immediately.**

Adults and adolescents 13 to 17 years old

Very common side effects

(may affect more than 1 in 10 patients):

- Headache
- Nausea.

Common side effects

(may affect up to 1 in 10 patients):

- Bronchitis
- Cold sore virus
- Diarrhoea
- Dizziness
- Fever
- Inflammation of the liver
- Flu-like illness
- Pain
- Sleeping difficulties
- Stomach ache
- Upper abdominal fullness
- Upper respiratory tract infections
- Tiredness
- Vomiting.

Uncommon side effects

(may affect up to 1 in 100 patients):

- Heart rhythm abnormalities
- Mild to severe liver function disorders
- Skin reactions.

Rare side effects

(may affect up to 1 in 1,000 patients):

- Allergic reaction
- Bleeding in the gastrointestinal tract
- Thrombocytopenia (low platelet count)
- Visual disturbances.

Children 1 to 12 years old**Very common side effects**

(may affect more than 1 in 10 patients):

- Cough
- Nasal congestion
- Vomiting.

Common side effects

(may affect up to 1 in 10 patients):

- Aggravation of pre-existing asthma
- Bronchitis
- Conjunctivitis
- Diarrhoea
- Ear inflammation and other ear disorders
- Fever
- Headache
- Inflammation of the lungs
- Inflammation of the skin
- Nausea
- Nose bleeding
- Skin reactions
- Stomach ache
- Upper abdominal fullness
- Upper respiratory tract infections, such as throat and sinus infections.

Uncommon side effects

(may affect up to 1 in 100 patients):

- Heart rhythm abnormalities
- Mild to severe liver function disorders
- Swelling of the lymph nodes.

Rare side effects

(may affect up to 1 in 1,000 patients):

- Allergic reaction
- Bleeding in the gastrointestinal tract
- Thrombocytopenia (low platelet count)
- Visual disturbances.

Infants 1 to 12 months old

The reported side effects in infants 1 to 12 months old are similar to the side effects reported for older children (1 year old or older).

Infants 0 to 1 month old

There is no information available for the use of Tamiflu in infants less than 1 month old.

If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, tell your doctor or pharmacist. However,

- **if you or your child are repeatedly sick, or**
- **if the influenza symptoms get worse or the fever continues**

Tell your doctor as soon as possible.

5. How to store Tamiflu

Keep out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and bottle after EXP. The expiry date refers to the last day of that month.

Powder: Do not store above 30°C.

After reconstitution, store below 25 °C for 10 days or in a refrigerator (2 °C - 8 °C) for 17 days.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Tamiflu contains

- The active substance is oseltamivir (12 mg/ml oseltamivir after reconstitution).
- The other ingredients are sorbitol (E420), sodium dihydrogen citrate (E331[a]), xanthan gum (E415), sodium benzoate (E211), saccharin sodium (E954), titanium dioxide (E171) and tutti frutti flavour (including maltodextrins [maize], propylene glycol, arabic gum E414 and natural identical flavouring substances [mainly consisting of banana, pineapple and peach flavour]).

What Tamiflu looks like and contents of the pack

Powder for oral suspension

The powder is a granulate or clumped granulate with a white to light yellow colour.

Tamiflu 12 mg/ml powder for oral suspension is available in a bottle containing 30 g powder for mixing with 52 ml of water.

The box also contains 1 plastic measuring cup (52 ml), 1 plastic bottle adapter (to help get the drug into the dispenser) and 1 plastic oral dispenser (to give the correct amount of medicine via the mouth). Shown on the oral dispenser are marks for 30 mg, 45 mg and 60 mg of the medicine (see figures in *Instructions for the user*).

For details on how to prepare the oral suspension and how to measure and take the medicine, read *Instructions for the user*.

Marketing Authorisation Holder and Manufacturer

Roche Registration Limited
6 Falcon Way
Shire Park
Welwyn Garden City
AL7 1TW
United Kingdom

Roche Pharma AG
Emil-Barell-Str. 1,

D-79639 Grenzach-Wyhlen
Germany

For any information about this medicine, please contact the local representative of the Marketing Authorisation Holder.

België/Belgique/Belgien

N.V. Roche S.A.
Tél/Tel: +32 (0) 2 525 82 11

Luxembourg/Luxemburg

(Voir/siehe Belgique/Belgien)

България

Рош България ЕООД
Тел: +359 2 818 44 44

Magyarország

Roche (Magyarország) Kft.
Tel: +36 - 23 446 800

Česká republika

Roche s. r. o.
Tel: +420 - 2 20382111

Malta

(See United Kingdom)

Danmark

Roche a/s
Tlf: +45 - 36 39 99 99

Nederland

Roche Nederland B.V.
Tel: +31 (0) 348 438050

Deutschland

Roche Pharma AG
Tel: +49 (0) 7624 140

Norge

Roche Norge AS
Tlf: +47 - 22 78 90 00

Eesti

Roche Eesti OÜ
Tel: + 372 - 6 177 380

Österreich

Roche Austria GmbH
Tel: +43 (0) 1 27739

Ελλάδα

Roche (Hellas) A.E.
Τηλ: +30 210 61 66 100

Polska

Roche Polska Sp.z o.o.
Tel: +48 - 22 345 18 88

España

Roche Farma S.A.
Tel: +34 - 91 324 81 00

Portugal

Roche Farmacêutica Química, Lda
Tel: +351 - 21 425 70 00

France

Roche
Tél: +33 (0) 1 47 61 40 00

România

Roche România S.R.L.
Tel: +40 21 206 47 01

Ireland

Roche Products (Ireland) Ltd.
Tel: +353 (0) 1 469 0700

Slovenija

Roche farmacevtska družba d.o.o.
Tel: +386 - 1 360 26 00

Ísland

Roche a/s
c/o Icepharma hf
Sími: +354 540 8000

Slovenská republika

Roche Slovensko, s.r.o.
Tel: +421 - 2 52638201

Italia

Roche S.p.A.
Tel: +39 - 039 2471

Suomi/Finland

Roche Oy
Puh/Tel: +358 (0) 10 554 500

Κύπρος

Γ.Α.Σταμάτης & Σια Λτδ.
Τηλ: +357 - 22 76 62 76

Latvija

Roche Latvija SIA
Tel: +371 - 6 7039831

Lietuva

UAB “Roche Lietuva”
Tel: +370 5 2546799

Sverige

Roche AB
Tel: +46 (0) 8 726 1200

United Kingdom

Roche Products Ltd.
Tel: +44 (0) 1707 366000

This leaflet was last approved in May 2012.

Detailed information on this medicine is available on the European Medicines Agency web site:
<http://www.ema.europa.eu>.

Instructions for the user

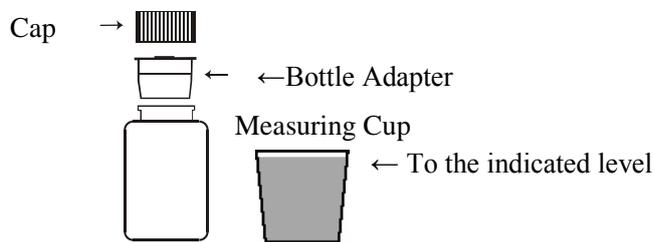
How to prepare the oral suspension: Your pharmacist may have prepared the oral suspension for you when you collected your prescription. However, if they have not done this, then you can do it easily yourself.

You only need to prepare the suspension once, at the beginning of your course. After that, all you need to do is shake the suspension well and draw up the appropriate recommended dose.

To prepare the suspension, you will need:

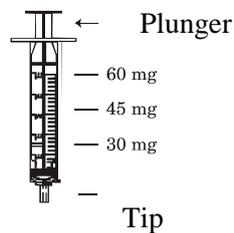
- The bottle, containing Tamiflu powder
- The bottle cap
- A measuring cup
- The bottle adapter

All of these should be in the medicine pack.



To measure and give a dose, you will need:

- The oral dispenser (in the medicine pack).



Always use the oral dispenser provided with your medicine to measure a correct dose. It is marked in mg.

How to prepare the suspension – four steps:

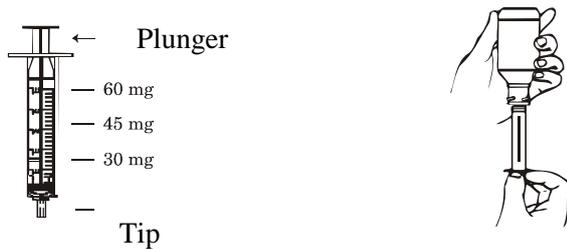
1. **Loosen the powder in the bottle:**
Tap the closed bottle gently several times to loosen the powder.
2. **Measure 52 ml of water:**
Use the measuring cup provided in the pack and fill it with water to the indicated level. **Always use 52 ml of water**, irrespective of the recommended dose you are taking.
3. **Mix the water with the powder:**
Add all 52 ml of water into the bottle. Recap the bottle and shake the closed bottle well for 15 seconds.
4. **Insert the bottle adapter and reclose the bottle:**
Remove the cap and push the bottle adapter into the neck of the bottle.

Place the cap tightly over the top of the bottle, which now includes the bottle adapter. This will make sure that the bottle adapter fits in the bottle in the right position.

You now have the prepared bottle of Tamiflu oral suspension ready to measure out and give a dose.

How to measure and give a dose – four steps:

1. **Shake the bottle:**
Thoroughly shake the closed bottle of Tamiflu oral suspension before use.
Always shake well before use
2. **Prepare the oral dispenser:**
Use the oral dispenser provided in the pack.
Push the plunger completely down toward the tip of the dispenser.



3. **Fill the dispenser with the correct dose:**
Remove the cap from the bottle of oral suspension.
Insert the tip of the dispenser into the bottle adapter.
Then turn the entire unit **upside down** (bottle and dispenser together).
Slowly pull out the plunger to the mark that shows the dose you need. Then turn the entire unit **upright**.
Slowly remove the dispenser from the bottle.
4. **Give the medicine:**
Deliver the suspension directly into the mouth by pushing down the plunger of the dispenser.
Make sure the medicine is swallowed. You may drink and eat something after taking the medicine.

Take the dispenser apart straight after dosing, and rinse both parts of the dispenser under running tap water.