



State of Illinois
JB Pritzker, Governor

Creating Liquid

Tamiflu®

(Oseltamivir)

For children during a Pandemic Flu



PLEASE READ ALL INSTRUCTIONS BEFORE YOU BEGIN

Step 1: Make the medicine mixture.

Tamiflu 25mg per 5mL (teaspoon)

You will need:

- One (1) **75mg** Tamiflu® capsule
- Measuring teaspoon(s), medicine cup, medicine syringe, or regular eating teaspoon
- Two (2) small bowls or cups
- Water and one of the following: sugar, chocolate or flavored syrup, flavored dessert toppings
- These directions

Carefully pull apart one (1) **75mg** Tamiflu® capsule. Empty all contents into a small bowl.



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



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



Step 2: Your Child's Weight

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

WEIGHT: _____ lbs

**Note: If the child is weighed in kilograms (kg), multiply by 2.2 to obtain weight in pounds (lbs).

For example, 10kg x 2.2 = 22 lbs.

Step 3: Dosage Chart

- You can find out how much medicine to give your child based on your child's weight. Use this chart to find the amount for one (1) dose.
- For prophylaxis (prevention) in infants and children older than 3 months, give this dose once (1) a day—for five (5) days.
- For treatment, regardless of age, give this dose two (2) times a day—for five (5) days.

Tamiflu® oral liquid 25mg per 5mL (per teaspoon)		
Weight (lbs)	Dose (teaspoon)	Dose (mL)
Up to 3 months (Treatment Only)		
Less than 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 18 lbs*	1 teaspoon	5 mL
Over 18 lbs to 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 One (1) 75 mg capsule	15 mL

My child's name:

My child's dose is:

Using a measuring teaspoon or medication syringe is the most accurate way to give the medication to the child. If you do not have a measuring teaspoon or a medication syringe, then use a regular teaspoon. When using a regular teaspoon it may be hard to measure portions (1/4, 1/3, 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.

**Tamiflu® is only recommended for PROPHYLAXIS (prevention) 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.*

Step 4: Flavor the mixture.

Mix one (1) dose of Tamiflu® liquid 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 5: Give the medicine to your child.

How to give the medicine to an infant or a young child:

Bottle Nipple:

Mix the medicine with one or two teaspoons of formula or breast milk inside the nipple of the bottle. Let your infant suck on the nipple until all the medicine is gone.



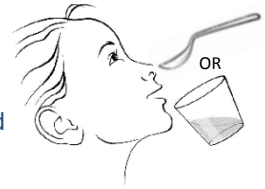
Medicine Syringe:

Mix the medicine as described in step 4. Remove cap from the tip of the 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:

Spoon or Medicine Cup:

Make sure your child eats or drinks all the food or drink that is mixed with the medicine. It may be helpful to have the child suck on an ice cube or flavored popsicle before and after giving this medication. This may help cover up the bad taste.



Important Information

If your child was given a flu vaccine nasal spray (i.e. FluMist®) within the last one to two weeks, Tamiflu® may prevent it from working well. 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 the 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, nausea and vomiting
- Irregular heart beat

For more information about Tamiflu® go to: <http://www.cdc.gov/flu/antivirals/whatyoushould.htm>

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

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