

Best Practices:

- Drink lots of water
- Get adequate rest
- Avoid alcohol consumption and cigarette smoking
- Limit your journey or visits to places with known cases of influenza
- Use face mask whenever possible
- Practice hand washing especially after coughing or sneezing
- Avoid crowded places

Storage:

- Store at room temperature and away from excess heat and moisture
- Keep the suspension in the refrigerator and do not freeze
- Throw away any unused suspension after 10 days and any expired medication
- Keep out of reach and sight of children.



Need More Information on Medicines?

Call : National Pharmacy Call Centre 03-26155136
or visit : www.knowyourmedicine.gov.my

Precautions, please tell your doctor:

- If you are allergic to oseltamivir or zanamivir
- If you are taking other medicines, including those you have bought without prescription including traditional medicines
- If you have problems with your kidneys, heart, liver or lungs diseases, HIV or AIDS
- If you are pregnant, plan to become pregnant or breast-feeding
- As for zanamivir, please tell your doctor if you are asthmatic or having breathing problems



Make sure to read and understand the product leaflet



If you have any questions, please ask your pharmacist or doctor



Do not share the medicine with others, even though the symptoms are the same as yours.



Do not stop taking your medication, or change the dose, without first checking with your doctor



Do not use the medication to treat any other complaints.

Attention

All information on this pamphlet is for patients' educational purposes only. Please obtain appropriate medical advice from your doctor or pharmacist if you have any questions regarding your conditions or medications.

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www.pharmacy.gov.my

For more information on Influenza A H1N1 log on to
www.h1n1.moh.gov.my

MEDICATION INFORMATION LEAFLET FOR PATIENT

ANTIVIRAL FOR INFLUENZA



Pharmaceutical Services Division
Ministry of Health

What is Influenza ?

Influenza or 'flu' is an infection caused by the influenza virus . Influenza A in particular is caused by the H1N1 virus.

HOW DOES IT SPREAD?

The H1N1 virus spreads through air where droplets from an infected person's cough or sneeze are inhaled by an uninfected individual, or touch with infected hands or surfaces.

SIGNS AND SYMPTOMS OF SUSPECTED H1N1 INFLUENZA INFECTION

1. Fever of more than 38°C, and
2. RESPIRATORY SIGNS AND SYMPTOMS (dry cough, sore throat, difficulty in breathing, nasal congestion/blockage), and
3. Tiredness, joint/muscle pain, headache, vomiting and fits in infants), and
4. Diarrhea and conjunctivitis

HOW YOU CAN BE INFECTED

Close contact with a person diagnosed with influenza within 10 days of the onset of the symptoms or recent history of travel to areas reporting cases of influenza.

Symptomatic Relief:

1. Take analgesic/anti-fever medication such as paracetamol ; the recommended dose is;

Adult :

500mg – 1000mg every 4 – 6 hours , maximum 4g daily

Children:

Child up to 1 year: 60 – 120mg/dose

Child 1- 5 years: 120 – 240 mg/dose

Child 6 – 12 years: 240 – 480mg/dose

2. Currently there are 2 types of antiviral available for treatment of influenza in MOH namely oseltamivir as first line treatment and zanamivir as alternative treatment.

All Antiviral Drugs Must Be Prescribed By Doctors

Treatment with Antiviral Drugs: Indications, Doses, Toxicity

The current indications for the use of antivirals in the prophylaxis and treatment of influenza in Malaysia are:

1. Oseltamivir:

Treatment: of uncomplicated acute illness due to influenza infection in adults who have been symptomatic for no more than 2 days.

2. Zanamivir :

Treatment of uncomplicated acute illness due to influenza virus in patients 12 years and older who have been symptomatic for no more than 2 days.

How to administer:

May be taken with or without food, but the chance of getting stomach upset is lesser if it is taken with food or milk.

Oral Suspension for Reconstitution:

- Tap the bottle to loosen the powder.
- Add the amount of water specified on the bottle
- Shake well for 15 seconds
- Following the reconstitution direction, oseltamivir oral suspension contains 12mg of oseltamivir per mL

Missed dose:

- Take as soon as you remember.
- If it is almost time for the next dose, skip the dose you missed and take the next dose.
- Do not take a double dose to make up for the dose that you missed

Drug	Treatment, Doses										
Oseltamivir	Children: (1 year according to their weight)										
	<table border="1"> <thead> <tr> <th>Body Weight in kg</th> <th>Recommended dose for 5 days</th> </tr> </thead> <tbody> <tr> <td>< 15 kg</td> <td>30 mg twice daily</td> </tr> <tr> <td>15 to 23 kg</td> <td>45 mg twice daily</td> </tr> <tr> <td>23 to 40 kg</td> <td>60 mg twice daily</td> </tr> <tr> <td>> 40 kg</td> <td>75 mg twice daily</td> </tr> </tbody> </table>	Body Weight in kg	Recommended dose for 5 days	< 15 kg	30 mg twice daily	15 to 23 kg	45 mg twice daily	23 to 40 kg	60 mg twice daily	> 40 kg	75 mg twice daily
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Adult & adolescents > 13 yrs :											
75 mg twice daily for 5 days											
Dose adjustment is recommended for adults with severe renal impairment as shown in the table below:											
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	Availability:										
	<ol style="list-style-type: none"> 1. Oseltamivir capsule 75 mg 2. powder for oral suspension 12mg/ml 3. powder for oral suspension 60mg/5ml 										
Zanamivir	Children: 5 years , 10 mg (2 puffs) twice daily for 5 days Adult: 10mg (2 puff) twice daily, for 5 days Availability: 1. Zanamivir inhalation disk –5mg/puff										

Side-effects:

Common side effects include nausea, vomiting, stomach pain, diarrhea and headache. However zanamivir may cause bronchospasm (breathing problems), cough and nasal congestion.

