

## Taking Tamiflu: for people who cannot take medication capsules

You have been given a course of Tamiflu because you or someone you are caring for has influenza. Tamiflu can reduce the symptoms of influenza and shorten the course of the illness. The Ministry of Health recommends that you or the person you are caring for take the capsules you have been given. The capsules contain the actual medicine, which is a bitter-tasting white powder.

If you or the person you are caring for can't swallow capsules, you will need to mix the powder inside the capsule with something sweet so that the medicine can be taken. This leaflet explains what to do.

### 1. You will need

- the contents of one Tamiflu capsule
- a large teaspoon of some strongly flavoured sweet food (the sweeter the better), for example:
  - smooth-textured jam (diabetic jam is fine)
  - fruit syrup (diabetic versions are fine)
  - strongly flavoured runny honey
  - strong sugar syrup (made from table sugar and a small amount of water)
  - golden syrup
  - sweetened condensed milk
  - **don't use chocolate syrup** – the bitter taste of the powder comes through.

### 2. Prepare the mixture

- Wash and dry your hands.
- Place a large teaspoon of the sweet food into a clean dessertspoon.
- Carefully break open the Tamiflu capsule, and pour the contents into the food.
- Stir thoroughly for at least one minute until all the powder is completely mixed in.

### 3. Give the medicine

Give the medicine straight away after mixing. If possible, give the medicine at the same time as a meal, or some other food.

For children of **15 kg or less**, give **one third** of the mixture, and throw the rest away.

For children of **15 kg to 40 kg**, give **two-thirds** of the mixture, and throw the rest away.

For anybody **over 40kg**, give **all** the mixture.

Give a strongly flavoured drink afterwards to clear any aftertaste.

### Give the full course of medicine

Prepare and give one dose twice each day for five days. It is important to take the full course even if you or the person you are caring for start to feel better.