

OSELTAMIVIR

Oseltamivir is an antiviral medication used to treat or prevent influenza (flu). It does not replace receiving the flu vaccine. Talk to your doctor about whether you should receive an annual flu vaccine. As the flu is caused by a virus, taking antibiotics will not help you get better.

Reason for antiviral:	
Planned duration:	
My doctor's name:	
Doctor's contact details:	

Why have I been prescribed oseltamivir?

- **For treatment;** to shorten the duration of influenza symptoms (such as fever, headache, sore muscles, cough and sore throat) or reduce the risk of complications. Oseltamivir may not be necessary for all people with influenza; your doctor will discuss whether it is recommended for you.
- **For prevention;** to reduce the risk of infection and further spread if you have come into close contact with another person with influenza.

How do I take oseltamivir?

- Oseltamivir should be taken **as soon as possible** once prescribed. Oseltamivir can be taken with or without food, however there is less chance of stomach upset if **taken with food**.
- If you have **difficulty swallowing**, oseltamivir capsules can be opened and mixed with soft food, such as yoghurt or honey.

What do I need to be aware of before I take oseltamivir?

- Discuss any **pre-existing medical conditions** with your doctor.
- Discuss **other medicines you are currently taking or plan to start taking** (including herbal and over-the-counter medicines) with your doctor and/or pharmacist. This is to ensure oseltamivir is safe to take together with your current medicines.
- **Pregnancy and breastfeeding:** Oseltamivir is considered safe to use in pregnancy and breastfeeding.

Common side effects of oseltamivir:

- Oseltamivir is well tolerated in most people. You may experience some mild side effects that usually improve over a few days, such as nausea, vomiting, headache, diarrhoea and difficulty sleeping.
- If any of these symptoms persist or are troubling you, contact your doctor.

Rare reactions and/or side effects of oseltamivir to be aware of:

- **Allergic reactions such as rash, itch, blisters or red skin spots;** stop taking this medicine and see your doctor.
- **Signs of a serious allergic reaction**, such as difficulty breathing or swelling of the face, eyes or lips; call for an ambulance immediately OR present to the accident and emergency department at your nearest hospital immediately.
- **Changes in mood or behaviour.** Symptoms may include confusion, nightmares, anxiety, agitation, abnormal behaviour, seeing or hearing things (such as hallucinations), speech problems or shaky movements. See your doctor if these side effects occur.

Lifestyle advice if you have the flu:

- Resting, staying home, staying warm and drinking fluids to keep hydrated is encouraged. There are medicines to manage symptoms such as fevers and aches; speak to your doctor or pharmacist to discuss available options.
- Wash your hands; cover your coughs and sneezes; avoid sharing cups, plates, cutlery and towels; keep surfaces such as your keyboard, phone and door handles clean to get rid of germs.