Information for medical practitioners
Oseltamivir is an antiviral therapy effective in reducing the number of lower respiratory tract complications and hospital admissions, as well as duration of influenza symptoms, in influenza-infected patients.

Who is oseltamivir used for?
Oseltamivir can be taken by anyone, but is particularly important for those at high risk of complications/severe disease from influenza. This includes:
- persons aged ≥65 years of age
- pregnant women
- neonates with moderate or severe malnutrition
- Aboriginal or Torres Strait Islander people over 6 months
- people with other predisposing conditions such as:
  - cardiac disease (excluding simple hypertension)
  - chronic respiratory conditions
  - diabetes mellitus
  - chronic metabolic diseases
  - chronic renal or liver disease
  - haemoglobinopathies
  - Down syndrome
  - immunosuppression (including, cancers, HIV infection, immunosuppressive drugs)
  - chronic neurological conditions
  - children aged 6 months to 10 years on long term aspirin therapy
  - children with failure to thrive
  - obesity
  - homelessness
Oseltamivir is recommended for people with moderate to severe disease, such as those requiring hospital attendance or who are rapidly deteriorating.

When should it be given?
This medication is most effective if started as soon as possible following the onset of symptoms.
In patients with suspected influenza requiring hospital admission, regardless of how long they have had symptoms, oseltamivir should be commenced prior to transfer if possible. Patients with severe disease or who have high-risk contacts should also be started as soon as possible.

Who should NOT take this medication?
Oseltamivir should not be used in people who are allergic to this medication, or to any of the medication ingredients. A lower dose may be needed in people with renal disease (see table below).

Treatment dosage of oseltamivir
For adults and adolescents 13 years and older
The recommended dose for treatment in adults and adolescents aged 13 years and over, is oseltamivir 75mg taken orally twice daily for 5 days.

For adults with renal impairment
People with renal impairment may need dose adjustment of oseltamivir as shown in table.

<table>
<thead>
<tr>
<th>Glomerular filtration rate (GFR)</th>
<th>Dosage (oral)</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>GFR &gt;60ml/min</td>
<td>75mg twice daily</td>
<td>5 days</td>
</tr>
<tr>
<td>GFR 30-60ml/min</td>
<td>30mg twice daily</td>
<td>5 days</td>
</tr>
<tr>
<td>GFR 10-30ml/min</td>
<td>30mg once daily</td>
<td>5 days</td>
</tr>
<tr>
<td>GFR &lt;10ml/min or on dialysis</td>
<td>Discuss with renal specialist*</td>
<td>Discuss with renal specialist*</td>
</tr>
</tbody>
</table>

* Consider if essential and use tailored dosing
For children 1 month to 13 years
Oseltamivir treatment is recommended for children with moderate to severe influenza requiring hospitalisation and those with flu-like symptoms or confirmed influenza with risk factors or high risk contacts. As treatment dosing for children <12 months of age is based on limited data, discussion with a paediatrician should be considered.

| Dosage - Children 0 -<12 months |
|---|---|---|
| Age | Dosage (oral) | Duration |
| 0-<12 months | 3mg/kg twice daily | 5 days |

| Dosage - Children 1-13 years |
|---|---|---|
| Body weight | Dosage (oral) | Duration |
| <15kg | 30mg twice daily | 5 days |
| 15-23kg | 45mg twice daily | 5 days |
| 23-40kg | 60mg twice daily | 5 days |
| >40kg | 75mg twice daily | 5 days |

How to make children’s doses from adult strength capsules
If oseltamivir suspension formula is not available a suspension can be made from oseltamivir capsules. Children who are unable to swallow capsules and require a dose different to that available in capsule form may receive appropriate doses of oseltamivir by following the instructions below.

1. Empty oseltamivir 75 mg capsule in a bowl and add 5 mL water to the powder. Stir for about 2 minutes.
2. Draw up into an oral syringe the correct amount of mixture from the bowl.
   - 30 mg = 2 mL
   - 45 mg = 3 mL
   - 60 mg = 4 mL
3. Mix the dose in soft food to disguise the taste

Pregnancy
Pregnant women are known to be at higher risk for complications from influenza. Left untreated, it is associated with an increased risk of adverse events to the fetus and increased complications to the mother.

Pregnant women, particularly in the second or third trimester are therefore likely to benefit from oseltamivir.

How is oseltamivir taken?
Capsules should be taken whole with a glass of water with or without food.

Side effects of oseltamivir
Common side effects may include nausea, vomiting, diarrhoea or abdominal pain; recommending patients take oseltamivir with food may help to reduce or prevent these side effects. Rarely side effects such as confusion, hallucinations, seizures or abnormal behaviour may occur.

Oseltamivir prescribing
Clinicians should prescribe and order antiviral medications through normal community and hospital ordering arrangements. Clinicians who practice remotely will need to have oseltamivir on site.

Prophylaxis
Prophylaxis with oseltamivir may be considered in special situations such as:
- outbreaks in boarding schools/special schools or residential settings such as nursing homes or prisons
- health care workers in high risk settings (neonatal intensive care units, working with immunosuppressed patients).

Discuss with CDC or Infectious Diseases on a case by case basis.

For more information contact the Centre for Disease Control in your region
Alice Springs    8951 7540
Darwin         8922 8044
Katherine     8973 9049
Nhulunbuy     8987 0357
Tennant Creek 8962 4259