

Neuraminidase Inhibitors for Influenza

Antiviral	Use	Adults	Children	Adverse Effects	Notes
Oseltamivir (Tamiflu) <i>generic available</i>	Treatment (5 days)	<ul style="list-style-type: none"> 75 mg twice daily CrCl 30-60: 30 mg twice daily CrCl 10-30: 30 mg daily 	<ul style="list-style-type: none"> <1 year (excluding premature infants): 3 mg/kg/dose twice daily <p><u>If >1 year:</u></p> <ul style="list-style-type: none"> ≤15 kg: 30 mg twice daily >15 – 23 kg: 45 mg twice daily >23 – 40 kg: 60 mg twice daily >40 kg: 75 mg twice daily 	<ul style="list-style-type: none"> Nausea (10%) Vomiting (9%), more common in children (15%) Rare: neuropsychiatric effects & hypersensitivity reactions 	Available as: <ul style="list-style-type: none"> Capsules[†]: 30 mg, 45 mg, 75 mg Suspension: 6 mg/ml †Capsules may be opened & sprinkled GI adverse effects can be mitigated if taken with food and tend to improve after the first 2 days of therapy.
	Prophylaxis (7 days)	<ul style="list-style-type: none"> 75 mg once daily CrCl 30-60: 30 mg daily CrCl 10-30: 30 mg every other day 	<ul style="list-style-type: none"> ≥ 3 months - <1 year (excluding premature infants): 3 mg/kg/dose once daily <p><u>If >1 year:</u></p> <ul style="list-style-type: none"> ≤15 kg: 30 mg once daily >15 – 23 kg: 45 mg once daily >23 – 40 kg: 60 mg once daily >40 kg: 75 mg once daily 	<ul style="list-style-type: none"> Headache (25%) Nausea (4 - 7%) Vomiting (children: 10%) Rare: neuropsychiatric effects & hypersensitivity reactions 	
Zanamivir (Relenza)	Treatment (5 days)	<ul style="list-style-type: none"> 2 inhalations (10 mg) twice daily 	<ul style="list-style-type: none"> Children ≥7 years: 2 inhalations (10 mg) twice daily 	<ul style="list-style-type: none"> Generally well tolerated Concern for bronchospasms in patients with underlying reactive airway disease Rare: neuropsychiatric effects & hypersensitivity reactions 	Contraindications: <ul style="list-style-type: none"> Underlying respiratory disease (COPD, asthma) Allergy to lactose/milk proteins Mechanical ventilation Available as: <ul style="list-style-type: none"> Diskhaler with 5 mg blister packs to be loaded by patient
	Prophylaxis (7 days)	<ul style="list-style-type: none"> 2 inhalations (10 mg) once daily 	<ul style="list-style-type: none"> Children ≥5 years: 2 inhalations (10 mg) once daily 		

Patient Education Tools

Antivirals: <https://www.cdc.gov/flu/pdf/freeresources/updated/antiviral-factsheet-updated.pdf>

Flu Treatment: <https://www.cdc.gov/flu/pdf/freeresources/updated/treating-influenza-2017.pdf>

Contacts: Jineane Venci, PharmD, BCACP, MS-CI
 jineane_veneci@urmc.rochester.edu

Erica Dobson, Pharm.D., BCPS-AQ ID, AAHIVP
 erica_dobson@urmc.rochester.edu



ACCOUNTABLE
 —HEALTH PARTNERS—