

In the absence of the ability to use Amantadine, the CDC is recommending a refocused effort on vaccination programs, and that either Zanamivir (Relenza®) or Oseltamivir (Tamiflu®) be used in the treatment and prophylaxis in outbreak situations. Based on this information, we are currently recommending that facilities consider Tamiflu® as first line therapy, since Relenza® is an inhalation product and may prove difficult to administer to many individuals in our settings.

Dosing

Tamiflu dosing varies according to indication for use and renal function, and needs to be adjusted for residents with impaired renal function and/or dialysis patients. **We are recommending the following basic dosing guidelines for the use of Tamiflu® in LTC facilities and other institutional settings, based on CDC and manufacturer guidelines:**

Treatment (5 days total)

- * Begin therapy within 48 hours of onset of symptoms
- * Assess renal function using Creatinine Clearance (CrCl)
 - CrCl > 60ml/min: 75mg twice daily for 5 days
 - CrCl between 30 and 60ml/min: 30mg twice daily for 5 days
 - CrCl between 10 and 30ml/min: 30mg once daily for 5 days
 - CrCl less than 10ml/min, NOT on dialysis: 30mg every other day for 3 doses
 - Dialysis: 30mg after each dialysis session, max 5 days treatment

Prophylaxis (14 days total)

- * Assess renal function (creatinine clearance)
 - CrCl > 60ml/min: 75mg once daily for 14 days
 - CrCl between 30 and 60ml/min: 30mg once daily for 14 days
 - CrCl between 10 and 30ml/min: 30mg every other day for 7 doses
 - CrCl less than 10ml/min, NOT on dialysis: 30mg once weekly for 2 doses
 - Dialysis: 30mg once a week for 2 doses, administer after dialysis session

Note that Tamiflu® is available as a capsule which may be opened. (24 hour stability in apple sauce data is available on file.)

Renal Function Calculations:

Creatinine clearances can be approximated using the Cockcroft-Gault equation. For your convenience, calculations can be made using an online calculator, a good one can be found here:
Creatinine Clearance Calculator: