

Mixing Tamiflu® with Sweet Liquids

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

[Narrator] The Food and Drug Administration (FDA) and Roche, the maker of the antiviral medicine Tamiflu®, have said that the available supplies of liquid Tamiflu® for children are limited.

[Boy] I don't feel good.

[Narrator] A pharmacist can make a Tamiflu® suspension, which is a liquid mixture, using Tamiflu® adult capsules, which are in not in short supply.

Some pharmacies, including some chains, can do this already, others are not yet prepared.

Additionally, children's doses of Tamiflu® are available in capsules.

If your doctor prescribes Tamiflu® capsules for your child and your child cannot swallow them, the prescribed capsules may be opened and mixed with a sweet thick liquid and given that way.

A thick and sweet liquid, such as regular or sugar-free chocolate syrup, that masks the flavor of the medicine can be mixed with the contents of the Tamiflu® capsule.

Sugar-free sweet liquids are readily available.

Just make sure the child consumes the liquid mixture entirely.

To mix this at home you will need:

- The prescribed Tamiflu® capsule
- A small bowl or cup and a spoon
- 1-2 teaspoons of sweetened liquid

Pour a small amount - about a spoonful - of a sweet thick liquid into a cup or bowl.

Holding the Tamiflu® capsule prescribed by your doctor over the bowl, slowly and carefully pull the capsule open by gently pulling apart both ends evenly.

Pour out all of the powder inside the capsule and mix it into the liquid.

The exact amount of liquid used doesn't matter, as long as the powder from the capsule is mixed in well.

All of the medicine may not dissolve. Just be sure it is all well mixed, and use only the prescribed dose of Tamiflu®.

Stir the mixture and give the entire dose to the child with a spoon.

And, make sure your child takes all of the medicine mixture.

That's all there is to it.

Please visit us at www.flu.gov and at www.cdc.gov/h1n1flu.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.