

What is Relenza® used for?

- This is a prescription medication used to treat or prevent influenza types A and B, including Pandemic (H1N1).
- It is important that you begin your treatment as soon as possible from the first appearance of your flu symptoms. It works best if started within 48 hours of the start of your symptoms.

How do you take Relenza®?

- Relenza® is a dry powder for inhalation that is used with its own inhaler device called a Diskhaler®.
- Individually measured doses of the powder are held in a foil blister pack called a Rotadisk®. Each Rotadisk® is placed into the Diskhaler®. The Diskhaler® pierces each blister one at a time to load the correct dose into the chamber when you are ready to use the medicine.
- Supervise children to make sure that they are using the Diskhaler® correctly.
- You must complete the entire treatment recommended by your doctor, even if you are feeling better after a couple of days.
- **This medicine comes with patient instructions. Read and follow these instructions carefully. Ask your pharmacist or doctor if you have any questions.**

What special instructions do you need to know?

- If you are also using an asthma medicine that you inhale (such as salbutamol, Ventolin®, Atrovent®, Combivent®, or Serevent®), use it before you take the Relenza®.

What should you do if you forget a dose of Relenza®?

If you miss a dose of Relenza® take it as soon as possible. If it is within 2 hours of the next scheduled dose skip the missed dose and go back

to your regular schedule. Do not take two doses at once.

Are there side effects from taking Relenza®?

- The most common side effects are headaches, nasal irritation, and cough.
- Less common side effects include fever with chills, dizziness, sinusitis, diarrhea, nausea, and vomiting.
- Very rarely, patients may have an allergic reaction, trouble breathing, or seizures.

When should you call your doctor?

- Call your doctor if you have any of the following symptoms:
 - Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing.
 - Increased wheezing or shortness of breath.
 - Irregular heartbeat.
 - Lightheadness, dizziness, fainting
 - Seizures

If you have trouble breathing, call 911. If you have other side effects, call Health Link Alberta at 1-866-408-5465.

What can you do to help make sure your medication works properly?

- Keep the medicine in the foil pouch until you are ready to use it.
- Store this product at room temperature, away from heat and direct light. Do not freeze.
- Do not break the foil on the Rotadisk® blister.

This leaflet does not provide all known information about Relenza®. If you have any questions or concerns about your treatment, please speak with your doctor, or pharmacist.