

Zanamivir:

Class: Antiviral Agent.

Indications: Treatment of uncomplicated acute illness due to influenza virus A and B in patients who have been symptomatic for no more than 2 days; prophylaxis against influenza virus A and B.

Available dosage form in the hospital: ZANAMIVIR 5MG ROTADISC (5) INHALER BILSTERS (RELENZA) (TABLET 5MG).

Dosage:

-Influenza virus A and B:

-Manufacturer's recommendations: Oral inhalation:

- Prophylaxis, household setting: Two inhalations (10 mg) once daily for 10 days. Begin within 36 hours following onset of signs or symptoms of index case.
- Prophylaxis, community outbreak: Two inhalations (10 mg) once daily for 28 days. Begin within 5 days of outbreak.
- Treatment: Two inhalations (10 mg total) twice daily for 5 days. Doses on first day should be separated by at least 2 hours; on subsequent days, doses should be spaced by ~12 hours. Begin within 2 days of signs or symptoms. Longer treatment may be considered for patients who remain severely ill after 5 days.

-Alternate recommendations: Oral inhalation:

- Prophylaxis (household exposure, CDC, 2012): Two inhalations (10 mg) once daily for 7 days after last known exposure
- Prophylaxis (institutional outbreak, CDC, 2012): Two inhalations (10 mg) once daily; continue for ≥ 2 weeks and until ~7 days after identification of illness onset in the last patient. Zanamivir is to be used to control institutional outbreaks of influenza when circulating strains are suspected of being resistant to oseltamivir.
- Prophylaxis (community outbreak, IDSA/PIDS, 2011): Two inhalations (10 mg) once daily; continue until influenza activity in community subsides or immunity obtained from immunization; up to 28 days has been well tolerated (CDC, 2011).

Renal Impairment:

Adjustment not necessary following a 5-day course of treatment due to low systemic absorption; however the potential for drug accumulation should be considered.

Common side effect:

Central nervous system: Headache.

Gastrointestinal: Throat/tonsil discomfort/pain.

Respiratory: Nasal signs and symptoms, cough.

Dermatologic: Urticaria.

Pregnancy Risk Factor: C