

## Patient specific direction (PSD) for pre-exposure prophylaxis in adults with no known chronic renal impairment

<b>Prescriber's details (name, registration number, work address and contact details)</b>	<b>Name, address, date of birth and NHS number of patient to whom this PSD relates</b>

### Treatment

I authorise the supply of oseltamivir 75mg capsules to the patient above for oral administration.

The dose will be ONE capsule ONCE A DAY for each day of exposure, and for 10 days afterwards. Prophylaxis should be started prior to individuals having contact with infected birds or contaminated materials and may be continued for a maximum of 42 days in total, after which a break of at least 3 days must be observed.

Guidance from Public Health England can be found [here](#) (see page 22 and annex 7)

Number of days of exposure anticipated	Post-exposure prophylaxis (days)	Total number of capsules to be supplied
	10	

<b>Signature of prescriber</b>	<b>Date</b>

This form should be sent to the organisation that will dispense it (such as a community pharmacy or a hospital pharmacy). Where circumstances mean that it will not arrive promptly an electronic copy can be used to give advance notice of the supplies required, but the signed original must also be sent.

Cornwall and Isles of Scilly Integrated Care Board whose member practice the patients are registered with will reimburse the cost of medication and remunerate for the work involved.

## Patient specific direction (PSD) for pre-exposure prophylaxis in other patients to be treated with oseltamivir

<b>Prescriber's details (name, registration number, work address and contact details)</b>	<b>Name, address, date of birth and NHS number of patient to whom this PSD relates</b>

### Treatment

I authorise the supply of oseltamivir capsules to the patient above for oral administration.

Treatment should be issued to cover each day of exposure, and for 10 days afterwards. Prophylaxis should be started prior to individuals having contact with infected birds or contaminated materials and may be continued for a maximum of 42 days in total, after which a break of at least 3 days must be observed.

Guidance from Public Health England can be found [here](#) (see page 22 and annex 7)

Dose (strength and frequency)	Number of days of exposure anticipated	Post-exposure prophylaxis (days)	Total number of capsules to be supplied
		10	

<b>Signature of prescriber</b>	<b>Date</b>

This form should be sent to the organisation that will dispense it (such as a community pharmacy or a hospital pharmacy). Where circumstances mean that it will not arrive promptly an electronic copy can be used to give advance notice of the supplies required, but the signed original must also be sent.

Cornwall and Isles of Scilly Integrated Care Board whose member practice the patients are registered with will reimburse the cost of medication and remunerate for the work involved.

## **Instructions for administering capsules to patients who have difficulty swallowing or do not wish to swallow gelatine capsules**

### **Tamiflu® Capsules: Opening the capsules and masking the flavour**

The dose is given by opening the capsule and mixing its contents with no more than one teaspoon of a suitable sweetened food product. The bitter taste can be masked by products such as sugar water, chocolate syrup, cherry syrup, dessert toppings (like caramel or fudge sauce). The mixture should be stirred and given entirely to the patient. The mixture must be swallowed immediately after its preparation.

Source [Tamiflu Summary of Product Characteristics](#)