Prescribing & Dispensing algorithm for PROPHYLAXIS with zanamivir (RELENZA)

1. Greater than 1.5 days since onset signs and symptoms in the index case?
   - Yes: Not indicated; no data on effectiveness of prophylaxis more than 1.5 days after the onset of signs or symptoms in the index case
   - No: Proceed to the next step

2. Known hypersensitivity to any components of the product? (this includes lactose)
   - Yes: Refer
   - No: Proceed to the next step

3. Live attenuated influenza vaccine administered within prior 2 weeks (nasal-spray flu vaccine)
   - Yes: Refer
   - No: Proceed to the next step

4. Age 5 years and older?
   - Yes: Proceed to the next step
   - No: Refer

5. Have underlying airways disease (such as asthma or chronic obstructive pulmonary disease)?
   - Yes: Refer
   - No: Proceed to the next step

6. Pregnant?
   - Yes: Pregnancy category C; use only if the potential benefit justifies the potential risk to the fetus
   - No: Proceed to the next step

7. Nursing mother?
   - Yes: It is not known whether zanamivir is excreted in human milk; use only if potential benefit for the lactating mother justifies the potential risk to the breastfed infant
   - No: Proceed to the next step

Prescribe and dispense zanamivir with diskhaler: 2 inhalations (one 5mg blister per inhalation for a total dose of 10mg) ONCE daily for 10 days*

*Patients should be instructed in the use of delivery system. Instructions should include a demonstration whenever possible. If zanamivir (Relenza) is prescribed for children, it should be used only under adult supervision and instruction, and the supervising adult should first be instructed by a healthcare professional.
1. No adverse effects have been reported among women who received zanamivir during pregnancy or among infants born to women who have received zanamivir. Pregnancy should NOT be considered a contraindication to zanamivir use. Zanamivir may be preferable because of limited systemic absorption; however respiratory complications that may be associated with zanamivir because of its inhaled route of administration need to be considered.