

## Zanamivir

【T1215】 疾管專用 Relenza® Rotadisk 5mg/Blister, 4Blisters/Rotadisk ATC Code : J05AH01

中文名： 瑞樂沙旋達碟 «GSK»

適應症： 治療及預防成人及兒童(≥5歲)之 A 型及 B 型流行性感冒。

藥理分類： **Antiviral Agent; Neuraminidase Inhibitor.**

用法用量： **Administration:**

- Administer by oral inhalation via the inhaler (Diskhaler®) provided by the manufacturer.
- The inhaler delivers the powdered drug from foil-wrapped blisters.
- Patients scheduled to use an inhaled bronchodilator at the same time as zanamivir should use the bronchodilator first.

### **Indications and dosage regimen:**

#### **Treatment of Influenza A and B Virus Infections:**

Initiate zanamivir treatment within 2 days after onset of symptoms; efficacy not established if treatment begins after 48 hours of symptoms.

— **Adult and children ≥ 5 years of age:**

**2 inhalations (one 5-mg blister per inhalation for a total dose of 10 mg) twice daily (approximately 12 hours apart) for 5 days.**

Whenever possible, the first day of treatment should include 2 doses provided there is at least 2 hours between doses; on subsequent days, doses should be given about 12 hours apart (morning and evening) at approximately the same time each day.

#### **Prevention of Influenza A or B Virus Infections:**

— Household Setting

Adults and children ≥ 5 years of age:

**2 inhalations once daily for 10 days.** Administer at approximately the same time each day. Efficacy in household settings not established if zanamivir prophylaxis initiated > 1.5 days after onset of symptoms in the index case.

— Community Outbreak

Adults and adolescents:

**2 inhalations once daily for 28 days.** Administer at approximately the same time each day. Efficacy in community outbreaks not established if zanamivir prophylaxis initiated > 5 days after the outbreak is identified in the community.

預防性治療：(仿單)

建議劑量為連續 10 天，每天一次吸入兩劑(2 x 5 毫克)，每天的總吸入劑量為 10 毫克。如果接觸風險的時間超過 10 天，可將此療程延長，最多可延長至 1 個月。

不良反應： 仿單記載本品耐受性極佳，在臨床試驗中，針對高危險群患者研究，zanamivir 組中所發生的不良反應都和安慰劑組相當。

懷孕 期： 懷孕期間不可使用 Relenza®，尤其是在第一孕期(妊娠的最初三個月)，除非醫師認為 其對患者的潛在效益超越胎兒可能面臨的任何風險。

授 乳 期： 目前並無任何關於 zanamivir 是否會分泌進入人類乳汁的資料；由於經驗有限，因此，限於醫師判斷其治療上的有益性超越危險性時，才可給藥。