

Relenza (zanamivir) basics

Prevents and reduces the symptoms of the flu. Relenza (zanamivir) can reduce flu symptoms for people 7 years & older, but they should take it within two days of the flu starting or it won't work.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.

	Hours	Days	Weeks	Months	Long term
Relenza (zanamivir) Drug effectiveness	[Blue gradient bar]				
Possible side effects†	Hours	Days	Weeks	Months	Long term
Headaches	[Red gradient bar]				
Diarrhea	[Red gradient bar]				
Nausea	[Red gradient bar]				
Nasal symptoms		[Red gradient bar]			
Cough		[Red gradient bar]			
Sore throat		[Red gradient bar]			

† Data on frequency of side effects is not available.

Tips from pharmacists

- Get a flu shot every year to prevent getting the flu.
- Relenza (zanamivir) comes as an inhaler that has doses of the medication inside of it.
- Start taking Relenza (zanamivir) within a day or two of feeling sick, otherwise it won't work well.
- Unless told otherwise by your doctor, you should take Relenza (zanamivir) for at least 5 days.

Risks and warnings

Contact your doctor if you experience any of these.

Nasal flu vaccine won't work

Relenza (zanamivir) should not be taken if the patient has had a nasal flu vaccine within the last two weeks.

Unusual behavior

Rarely, some people can have confusion, hallucinations, or hurt themselves after taking Relenza (zanamivir). If you notice this or other signs of unusual thinking or behavior, let your doctor or pharmacist know.

Breathing problems

Relenza (zanamivir) can make it hard to breathe. People with breathing problems (asthma, COPD) shouldn't use it.