

## INSTRUCTIONS FOR TAKING YOUR MEDICINE AT HOME

- Please take 15ml (3x5ml spoonful) by mouth **each morning**
- **Each 15ml dose contains either 6mg dexamethasone or placebo**
- **The bottle contains enough for 5 doses only**
- You will need to take all 5 doses; this includes the doses taken while you were in hospital (e.g. If 2 doses taken in hospital, then 3 further doses need to be taken at home)
- Your hospital has supplied a measure for you to use

### What to do if you forget a dose

If you forget to take a dose, take it as soon as you remember. However, if it is nearly time for your next dose skip the missed dose. Do not take two doses *at the same time* to make up for a forgotten dose.

### What to do if you take too much

If you take more than 15ml of this medicine at one time then you should **talk to a doctor straight away**. Tell the doctor that you are in the ASAP Flu trial.

### SIDE EFFECTS

Like all medicines, dexamethasone can cause **side effects** although not everybody gets them. In rare instances, steroids (including dexamethasone) can cause mood changes, such as becoming very aggressive, irritable and short tempered with people or rapid mood swings, such as feeling very happy one minute and then very sad and weepy the next. If you notice any of the above problems do not take any more of your medicine and **talk to a doctor straight away**. Tell the doctor that you are in the ASAP Flu trial.

### HOW TO STORE YOUR MEDICINE

- Keep out of the reach and sight of children
- Store at room temperature (not above 30°C). Do not store in the fridge
- Do not use the medicine if you notice a change in its appearance or smell
- If there is any medicine left in the bottle when you have finished the trial it can be disposed of like any medicine.

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