

Treatment of Tuberculosis

Medications Used to Treat Tuberculosis:

Since tuberculosis (or TB for short) heals very slowly it will be necessary to take your medications for at least 6 months or longer depending on your individual circumstances. You must take your pills every day even if you feel fine.

You will be taking:

- Isoniazid (INH)
- Rifampin (RM)
- Pyrazinamide (PZA)
- Ethambutol (EMB)
- Vitamin B6

Vitamin B6 does not fight the tuberculosis germ but helps prevent numbness and tingling in the hands and feet caused by INH.

During the time of your treatment you will be asked to report to the clinic for check-ups and refills of your pills.

Instructions for the Use of Your Medications:

- Store your pills at room temperature in a dry place, away from children.
- Your pills should be taken on an empty stomach.
- Develop a routine to take your pills. (i.e.: take your pills 1 hour prior to breakfast or 2 hours after a meal).
- Avoid alcoholic beverages.
- Avoid aluminum-containing antacids.
- If you forget to take your medications one day just continue taking your next dose as usual. **Do not double the dose.**
- Use an alternative means of birth control other than the birth control pill if you are taking Rifampin.

You may have the following side effects while on your pills:

- Nausea, poor appetite, tiredness, yellowing of the eyes or urine or easy bruising. If these changes occur stop all of your medicines and call the clinic for an appointment.
- Pain or swelling of the joints or changes in your vision. If these changes occur call the clinic for an appointment, but continue your medicines.

Other minor side effects that you may experience:

- Rash, itchiness, or upset stomach.
- Numbness and tingling in your hands and feet.

If these changes occur call the clinic or wait until your next appointment and discuss them with the TB clinic staff.

- You may also have orange urine, tears, saliva, and sweat. *This is a harmless discoloration but it may damage your soft contact lenses.*

If any of these side effects are severe call _____.

Alternatively, the side effects can be discussed with the TB Control physician or Public Health Nurse on your next visit.