

A BIT OF ADVICE

- Never change the dosage of your medication without talking to your doctor.
- If you forget to take a dose, take it as soon as possible on the same day, but never take two doses at the same time.
- Some medications may interfere with the effects of the isoniazid. Consult your doctor or pharmacist before taking any other non-prescription or prescription drug.
- Try not to drink alcohol during treatment.
- Your doctor may prescribe you a vitamin B6 (pyridoxine) supplement to take during your isoniazid treatment. This vitamin will help prevent or reduce certain negative side effects of the isoniazid.
- It is very important that you go to all doctor's appointments, as your doctor will check the progress of your treatment and help lessen any side effects. You may have to have blood tests to check the effects of the pills on your liver.

STORING ISONIAZID

- Keep your medication out of the reach of children.
- Store it at room temperature in a cool, dry, dark place.
- Do not take your medication if it has expired.

REMEMBER:

**YOU MUST TAKE YOUR
MEDICATION UNTIL THE END
OF YOUR TREATMENT!!!**

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*You're taking
isoniazid
to prevent
TUBERCULOSIS?*

**Then you probably
have some questions...**



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Your skin test for tuberculosis (the PPD) showed that you have been infected with the tuberculosis germ. Your doctor has therefore given you a treatment to make sure that you do not get tuberculosis disease.

FREQUENTLY ASKED QUESTIONS

WHY SHOULD I TAKE MEDICATION IF I'M NOT SICK?

Once they have entered the lungs, the germs which cause tuberculosis can remain inactive for a few months or years. They usually do not cause any symptoms during this period. You must take medication so that the germs will not become active and cause symptoms that can lead to serious illness.

AM I CONTAGIOUS?

No. Even if the skin test (PPD) is positive, the other tests done by your doctor show that you cannot spread the germ to others. You are contagious only if a chest X-ray shows signs of the disease and if you have symptoms such as coughing and spitting.



WHY SHOULD I TAKE THE MEDICATION FOR SO LONG?

The germs that cause tuberculosis can live in the body for a long time. To kill all of them, you have to be treated for 6 to 12 months. You must take your medication as directed and for as long as is recommended by your doctor.

HOW MUCH DOES THE TREATMENT COST?

Nothing. Preventive treatment for tuberculosis is free. Most often, the prescribed medication is isoniazid (INH).



WHEN AND HOW DO I TAKE ISONIAZID?

- Take your medication regularly, every day; using a pill organizer will help you. You can also ask someone close to you to remind you to take your medication.
- It is very important to take your medication for the whole prescribed period for the treatment to have the maximum preventive effect.
- If you have digestive problems, take your medication with food.
- If you suffer from fatigue, take your medication before going to bed.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF THE MEDICATION?

- The side effects are usually not serious. Some people may have digestive problems, such as a stomach ache. However, if you lose your appetite or feel weak, or have serious nausea, vomiting, fever, dark urine, vision problems, yellowing of skin or eyes, or numbness in hands or feet, stop taking the medication immediately and contact your doctor as soon as possible.
- If you are diabetic, isoniazid may change your glucose test results. Consult your doctor before changing your diabetes treatment.