

# Latent TB Infection and DOT

## What you need to know about your medicine

Your TB doctor is giving you medicine to treat your latent TB infection. Latent TB infection means you have TB germs in your body but they are sleeping (latent). People with latent TB infection cannot spread TB to others and do not feel sick. The medicine will help stop latent TB from becoming active TB disease. People with active TB disease will feel sick and may be able to spread TB to others.

### What medicine will I take?

You will be taking:

- Isoniazid
- Rifampin
- Vitamin B6 (pyridoxine)



Isoniazid may cause numbness and tingling in your hands, arms, legs, or feet. Vitamin B6 helps stop this from happening.

### How often do I take my medicine?

- Once a day
- Twice a week (Monday and Thursday)
- Three times a week (Monday, Wednesday, Friday)

A health-care worker will give you your medicine. This is called directly observed therapy or DOT.

### How should I take my medicine?

You can take food with your medicine if you need to. Some people find that the medicine affects them less if they take it with food. Food should be low in fat and sugar-free.

### How long will I take medicine?

Your TB doctor will decide how long you need to take medicine. Each person is different. Your TB doctor or nurse will let you know what is right for you.

### What if I miss a dose?

Your health-care worker may be able to give it to you on another day of the week.

You will stay on treatment until you have taken all of your doses including those you missed. The treatment may not be helpful if you do not take all your medicine.

### Can I take my other medicines?

Your TB doctor and pharmacist will check to see if it is safe to take your other medicines.

Avoid antacids 1 hour before or 2 hours after taking isoniazid. Antacids are medicines like Maalox, Diovol, Amphogel, Pepto-Bismol and Tums.

Birth control pills, rings, shots, and the patch may not work while taking TB medicine. Barrier forms of birth control (diaphragms or condoms) should be used to avoid pregnancy.

Some medicines used for stomach problems may not work as well when you are taking TB medicine. Let your TB doctor and nurse know if you start having more stomach troubles.

### What to watch for:

It is normal for your tears, saliva, sweat, and urine (pee) to turn orange-red in colour while taking rifampin. This will stop when the Rifampin is stopped. Rifampin may stain contact lenses and dentures. Wear glasses instead of contact lenses and take your dentures out when possible. Use diapers that can be thrown away.

Side effects may occur when taking medicine.

**Tell your TB doctor or nurse if you have any of the following:**

- Stomach upset or pain
- Nausea or vomiting (throwing up)
- Loss of appetite (not hungry)
- Diarrhea
- Headache, confusion, dizziness, or fainting
- Fever
- Feeling tired or weak
- Itching
- Yellowing of the eyes or skin
- Rash
- Muscle aches or joint pain
- Pain, numbness, or tingling in your hands, arms, legs, or feet
- Easy bruising or bleeding
- Blurred vision or eye pain

### Additional instructions:

- Avoid alcohol.
- Tell your other doctors, nurses, and local pharmacist you are taking TB medicine.
- Tell your nurse or DOT Worker if you will be away for DOT or if you plan to move.
- Tell your TB doctor, nurse or pharmacist if you:
  - Have concerns or side effects
  - Start a new medicine
  - Stop any of your medicines, including your TB medicine
  - Become pregnant, plan to become pregnant, or if you wish to breastfeed your baby.

### Your TB team and plan:

Your name: \_\_\_\_\_

Date: \_\_\_\_\_

TB Doctor: \_\_\_\_\_

Nurse Clinician: \_\_\_\_\_

Local Nurse: \_\_\_\_\_

DOT Worker: \_\_\_\_\_

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*To learn more, contact*  
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*Saskatoon Main Office (306) 655-1740*  
*Prince Albert Office (306) 765-4260*  
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