

- Isoniazid (INH) _____
- Rifampin _____
- Rifamate (INH and Rifampin) _____
- Ethambutol _____
- Pyrazinamide (PZA) _____
- Cycloserine _____
- Pyridoxine _____
- Levofloxacin _____
- _____ _____

If you forget to take your medicine one day, do **NOT** take two doses the next day. Just continue taking the prescribed dose.

Your doctor may change your medication as treatment progresses.

Tuberculosis Clinic
 SFGH Building 90, 4th Floor, Ward 94
 2460 22nd Street at Potrero Avenue
 San Francisco, CA 94110
 Main phone number 415-206-8524
 Fax: 415-206-4565

Some people experience side effects from TB medication such as:

- Continued loss of appetite
- Nausea
- Vomiting
- Dark-colored urine (the color of coffee or tea)
- Yellow eyes
- Yellow skin
- Rash
- Itching
- High fever
- Blurred vision
- Tingling or numbness of fingers or toes
- Other unusual symptoms

If you notice one or more of these side effects, do not take your pills and call us right away!

TB Clinic: 415-206-8524

What about drinking alcohol and taking INH?

INH is processed mainly through the liver. Drinking alcohol is hard on your liver. While you are taking INH, it is best to avoid all alcohol. Your liver can be checked while you are taking INH.

TUBERCULOSIS

What Do I Need to Know About Active TB Disease?

How do I get well again?

What is Tuberculosis (TB)?

TB is a contagious airborne disease that is caused by a special bacterium (germ). The germs are coughed or sneezed into the air by someone who is sick with active TB. You can only catch TB by breathing in this germ.

TB has **two** stages.

People who have the first stage, **latent (inactive) infection:**

- Have dormant (sleeping) TB germs in their bodies.
- Are not sick, and have no symptoms.
- Cannot give the germs to anyone else.

You have the second stage—active TB disease.

- You have many active TB germs in your body.
- You are sick and may have symptoms like cough, fever, and weight loss.
- You can give TB germs to others.

How do I know if I have active TB disease?

Only your doctor can tell if you have TB. First you will be given either a skin test or the new blood test. A positive skin or blood test means TB germs are in your body—*Latent TB Infection*. If you have a positive test, you will need a chest x-ray to find out if the germs have caused any damage in your lungs—*Active TB Disease*. You may be asked to cough up sputum (mucus) from your lungs to check for TB germs.



Tuberculosis is treatable and curable.

The Health Department is required to make sure that TB patients take all their medicine. Directly Observed Therapy (DOT) means that a health care worker watches you taking your pills and checks for any side effects from the TB medicine. DOT is a proven cure for tuberculosis.

The Health Department protects you, your family, and people in your community from TB. The Health Department may ask your family and others with whom you have spent time to be evaluated for TB infection.

Stop TB from Spreading

People with active tuberculosis disease can spread it to others. The best way to stop TB from spreading is to take your medication as prescribed and to cover your mouth when you cough. The medicine will usually stop you from spreading the germs within a few weeks.

But remember, you are not yet cured.

It is important to take your medication until the doctor says you can stop.

People with whom you have spent time may need to be tested for tuberculosis. This test is especially important for young children and for people who have weak immune systems because they can become very sick from TB.

You **CANNOT** spread TB through:

- Clothes
- Sharing eating utensils
- Food
- Bedding
- Toilet seats
- Shaking hands
- Sexual intercourse
- Using and sharing needles

What can I do to get well?

The most important thing you can do is take your TB medicine! Even if you feel better, don't stop taking it until your doctor says to stop. If you stop taking your TB medicine early, the disease can come back and be more difficult to treat and cure.



- Keep your appointment with your nurse or your doctor.
- Notify the TB clinic if you can't make an appointment or are traveling.
- Tell the doctor or nurse if you are pregnant, taking any other medications, or have any other health problems.
- TB heals slowly. It takes many months. If you stop taking your medication too soon, your TB can come back. The same medicine may not work the next time around.
- See your doctor regularly to make sure your medications are working.
- Take all your TB medications together at the same time as often as your doctor says.
- Return to the doctor or nurse every month for a refill or as scheduled.
- Never give your medicine to anyone else.
- Avoid alcohol.