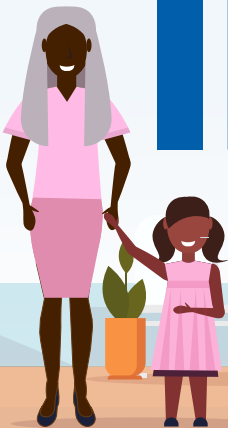


Patient Information

INH



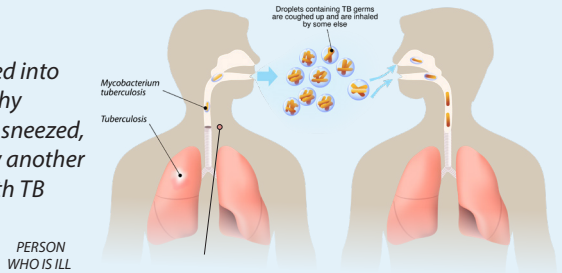
**INH is the drug
isoniazid which
is taken for 6
months to get rid
of TB infection.
This is also known
as TB Preventive
Treatment (TPT)**

Overview of TB transmission

STAGE 1:

EXPOSURE

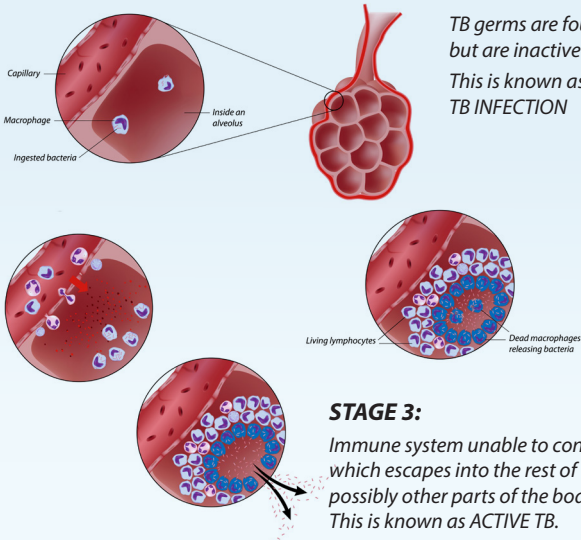
TB germs are inhaled into the lungs of a healthy person via droplets sneezed, coughed or spat by another person who is ill with TB



STAGE 2:

TB germs are found in the lungs but are inactive (sleeping)

This is known as LATENT TB OR TB INFECTION



STAGE 3:

Immune system unable to contain the TB Germs which escapes into the rest of the lungs - and possibly other parts of the body causing disease. This is known as ACTIVE TB.

What is TB disease?

TB disease is a disease caused by the tuberculosis germ. It is spread from person to person through the air and settles in the lungs



TB disease in the lungs is the most common, however, tuberculosis germs can spread from the lungs and attack any part of the body especially in children

How does it spread?



When a person who is sick with TB disease of the lungs, coughs, sneezes or spits, the invisible germs are spread into the air. The germs are able to stay in the air for many hours and a healthy person who breathes them in can be infected



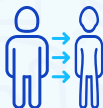
TB disease is NOT spread by handling objects that someone infected with TB has simply been touching e.g. dishes, drinking water, sheets or clothing

When should I test for TB disease?

If you are having any of the following symptoms, you should contact your health care provider and visit your nearest clinic as soon as possible:



Cough



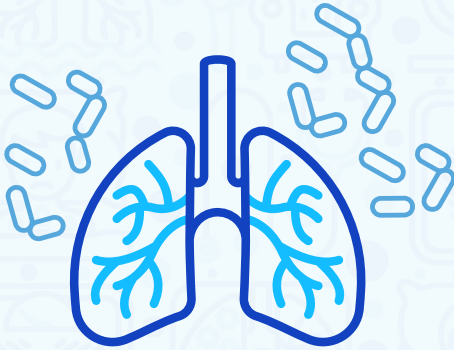
Unintentional weight loss
or failure to thrive and gain
weight among young children



Fever



Night sweats that requires you
to change your bed linen or
clothes



Who is at greatest risk of infection?

- People in close contact with someone who has TB disease including household members and health care workers in high burden settings
- People whose immune systems are weak, such as:
 - those living with HIV, diabetes, malnourished people, elderly people over the age of 60 years or those with cancer or taking medicines that decrease the immune system
- Children under 5 years
- People living in overcrowded & poorly ventilated areas such as prisoners and miners

• How would I know if I have TB disease?



- A person with symptoms of TB will be asked to do a sputum test (cough up sputum – not spit – into a small bottle)
- The sputum needs to be tested to see if TB germs are present
- The test results are often available on the same day as your visit. If not, always **contact your health care provider or clinic** to get your results
- Children may require special procedures to test for TB germs because they may not be able to cough up sputum.

Can I be cured of TB disease?



Yes – but only if you have taken the full course of treatment, correctly as instructed

How can TB disease be prevented?

BCG Vaccination

- Can prevent TB from developing after infection, and can also reduce the severity of the disease
- Provides partial protection against TB in the lungs for up to 10 years
- Provides some protection against severe forms of TB such as meningitis (infection on the brain) and disseminated TB in children

**EVERY DAY
FOR 6 MONTHS**



TB Preventative Treatment (TPT)

- Medication is given to people with TB infection (latent TB) to prevent them from getting sick
- The two main choices for TPT are isoniazid (INH or 6H) or 3HP
- **INH** is isoniazid a drug taken daily for 6 months to cure TB infection
- **3HP** is a combination of 2 drugs, rifapentine and isoniazid, which are taken on the same day once a week for 6 months to cure TB infection

Infection Prevention and Control in homes and facilities

- This is done through taking medication as directed, coughing into your elbow/sleeve or wearing a mask and washing hands often throughout the day, opening windows and living a healthy lifestyle



TPT

- **What is TB Infection (latent TB)?**

TB is spread through the air from one person to another.

People who become infected with TB germs, but do not feel sick have TB infection (latent TB)

Because the germs are inactive (sleeping), you may not feel sick

A person with TB infection cannot spread TB to others - **only persons with active TB can spread TB**

Why Take TPT for TB infection?

- TB germs are in your body, taking **TPT such as isoniazid (INH) or 3HP** is the only way to kill the TB germs
- If the germs stay in your body they can make you sick from TB
- If you get sick you may spread TB to your family and friends

How long should I take INH for?

Every day for 6 months

Benefits of taking INH correctly

- Prevents TB infection from becoming TB disease by 90%
- It is taken for a short period
- It is easy to take
- Few side effects or concerns
- Take your medicine as directed

INH

Tips for Taking Your Pills

- Take our medication **every day for 6 months**
- Find something you do every day and make that time your “INH time.” This will make remembering to take your medication a lot easier
- If your stomach is upset after taking your medicine, try eating beforehand
- Take your medicine as directed and attend follow up visits, let your doctor or nurse know if you have any questions or concerns
- It is ok to take your INH with your other HIV medicines



What do I need to know about side effects?



Whites of eyes may appear yellowish.

This is not normal

In rare cases, isoniazid may cause injury to your liver which can cause your eyes to appear yellow. Your doctor may give you B6 to prevent this. If you experience this condition, contact your doctor right away.

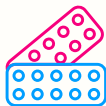
Heavy alcohol use with this medicine may cause serious side effects. Discuss any alcohol use with your doctor.

Contact your doctor and visit the clinic immediately if you have any side effects or have any signs of TB - nights sweats, weight loss, cough and high temperature

INH may interfere with a number of medications, including birth control medications. It is very important for your doctor/nurse to know what medicines you are taking. If you see another health care worker, tell them that you are being treated for TB infection.

Most people can take their **INH** without any problems. But any medicine you take may cause problems. Please contact a health care provider if you have the following symptoms:

- Skin or whites of your eyes appear yellow
- Pain or tingling in your hands, arms or legs
- Dizzy or lightheaded when sitting, standing, or lying down
- Less appetite, or no appetite for food
- Upset stomach, nausea, or vomiting
- Flu-like symptoms
- Severe tiredness or weakness
- Fevers or chills
- Severe diarrhea or light coloured stools (poop)
- Skin rash or itching
- Bruises or red and purple spots on your skin that you cannot explain

Caution:

This medication may affect hormone based birth control (like birth control pills, rings, and injections).



During treatment, barrier forms of birth control (condoms or diaphragms) should be used to avoid pregnancy.



If you become pregnant or think you might be pregnant, tell the healthcare worker right away.

For more information, visit www.cdc.gov/globalhivtb.

Sourced from Unitaid-funded IMPAACT4TB, led by The Aurum Institute.

