

## SUMMARY

## DECISION SUPPORT

## PATIENT EDUCATION/SELF-MANAGEMENT

**WHAT YOU SHOULD KNOW****WHAT IS TUBERCULOSIS INFECTION?**

TB infection is an infection caused by TB germs. If you have been told you have TB infection, you have spent time close to someone with active TB disease and breathed TB germs into your lungs. The germs can spread into other parts of your body, such as your lungs, bones, or kidneys.

When you have TB infection, the TB germs are alive in your body, but they are not hurting you now.

**WHAT ARE THE SYMPTOMS OF TB INFECTION?**

There are no symptoms for TB infection. The TB germs are dormant in your body, but they could start to grow, spread, and turn into active TB disease. When the germs grow and spread it is called active TB disease. People with active TB disease can get very sick and can spread TB to other people. **This can happen to anyone with TB infection at any time.**

**HOW DO I KNOW IF I HAVE TB INFECTION?**

A TB skin test or TB blood test will show if you have TB infection or not.

If you are told your TB test is positive you will get a:

1. Chest x-ray (CXR) to see if you have active TB disease in your lungs
2. Physical exam to make sure you don't have active TB disease in other parts of your body

If your health care provider tells you that your CXR is normal and you have no symptoms of active TB disease in your body, you will then be told that you have TB infection.

**IS EVERY PERSON WITH TB INFECTION AT RISK OF GETTING ACTIVE TB DISEASE?**

All people with TB infection are at risk for the TB germs to spread and grow into active TB disease. Some people have conditions that cause them to be at even higher risk for this to happen. Talk with your health care provider if you have:

- HIV infection
- Other health problems, like diabetes
- Gotten TB infection sometime during the last two years
- Alcohol abuse or illegal drug use
- Taken TB infection medicine before, but did not complete treatment

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**WHAT YOU SHOULD KNOW**

**IF I HAVE TB INFECTION, HOW CAN I PREVENT ACTIVE TB DISEASE?**

If you have TB infection, there are medicines to take for preventing you from getting active TB disease. The TB infection medicines destroy the dormant TB germs before they have a chance to make you sick.

Your health care provider will order TB infection medicine that is best for you. Because the TB germs are strong, you will need to take the TB infection medicine for several months (3–9 months). It is very important to take your medicine and to keep taking it until your health care provider tells you to stop. If you miss too many days or stop taking the pills too soon, you could become sick with active TB disease.

**WHY SHOULD I TAKE MEDICINE IF I DON'T FEEL SICK?**

TB infection medicine destroys the TB germs in your body before they have a chance to grow, spread, and make you sick.

**WHAT SHOULD I KNOW ABOUT MEDICINE FOR TB INFECTION?**

Many people take TB infection medicine every day without any problems, but there are a few things you should watch for:

- Fever
- Poor appetite, losing weight, or feeling tired
- Nausea and vomiting
- Pain in your abdomen
- Dark urine (tea or coffee color)
- Yellow skin and eyes
- Skin rash or itching
- Numb or tingling feeling in your hands or feet
- Coughing for more than 2 -3 weeks
- Sweating at night



Talk to your health care provider if you have any of these problems.

# ISONIAZID and RIFAPENTINE

You have been given medicine to treat your TB infection.

You do not have TB disease and cannot spread TB to others.

This medicine will help you **PREVENT** getting TB disease.



## Watch for these

### While on this Medicine:

- Tell a health care provider if you have questions or concerns with the medicine.
- Go to weekly visits. You will meet with a nurse weekly to take your medicine. This plan is called Directly Observed Therapy (DOT).

### TB Infection Medicine Schedule:

Your health care provider will tell you the scheduled day and number of pills you will get.

Medicine	Schedule	Day	Number of pills per day	Length of time
Isoniazid & Rifapentine	Once weekly			3 months (12 weeks)

Your health care provider may have you take vitamin B6 with your medicine.

**NOTE:** It is normal if your urine, saliva, or tears become orange-colored. Soft contact lenses may become stained.

**STOP AND** call your TB doctor or nurse right away if you have any of the problems below:

- Less appetite, or no appetite for food
- An upset stomach or stomach cramps
- Fever
- Head or body aches
- Nausea or vomiting
- Cola-Colored urine or light stools
- Easy bruising or bleeding
- Rash or itching
- Yellowing skin or eyes
- Severe weakness or tiredness
- Tingling or numbness in your hands or feet
- Dizziness

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# ISONIAZID

You have been given medicine to treat your TB infection. You do not have TB disease and cannot spread TB to others. This medicine will help you **PREVENT** getting TB disease.



## While on this Medicine:

- Tell your health care provider if you have questions or concerns with the medicine.
- Go to your planned clinic visits. You will see a nurse to take your medicine. This plan is called Directly Observed Therapy (DOT).
- Take all of your medicine as you were told by your health care provider.

## Watch for these Possible Problems:

**STOP** taking your medicine right away **AND** call your TB doctor or nurse if you have any of the problems below:

- Less appetite, or no appetite for food
- An upset stomach or stomach cramps
- Nausea or vomiting
- Cola-Colored urine or light stools
- Rash or itching
- Yellowing skin or eyes
- Tingling or numbness in your hands or feet

## TB Infection Medicine Schedule:

**NOTE:** Your providers will indicate the appropriate schedule, days and number of pills.

Medicine	Schedule	Day	Number of pills per day	Length of time
Isoniazid	<input type="checkbox"/> Daily	Every day		9 months
	<input type="checkbox"/> Twice Weekly	M T W Th F S Sun		

# RIFAMPIN

You have been given medicine to treat your TB infection.  
 You do not have TB disease and cannot spread TB to others.  
 This medicine will help you **PREVENT** getting TB disease.



## While on this Medicine:

- If you have questions or concerns with the medicine ask your health care provider.
- Go to your monthly scheduled clinic visits. You will meet with a nurse to take your medicine. This plan is called Directly Observed Therapy (DOT).
- Take all of your medicine as you were told by your health care provider.

## TB Infection Medicine Schedule:

Your health care provider will indicate the appropriate number of pills.

Medicine	Schedule	Day	Number of pills per day	Length of time
Rifampin	Daily			4 months

**NOTE:** It is normal if your urine, saliva, or tears become orange-colored. Soft contact lenses may become stained.

## Watch for these Possible Problems:

**STOP** taking your medicine right away **AND** call your TB doctor or nurse if you have any of the problems below:

- Less appetite, or no appetite for food
- An upset stomach or stomach cramps
- Nausea or vomiting
- Cola-Colored urine or light stools
- Easy bruising or bleeding
- Rash or itching
- Yellowing skin or eyes
- Severe weakness or tiredness
- Fever
- Head or body aches
- Dizziness