

Important Information About Isoniazid

Your skin test showed that you have the germs in your body that cause tuberculosis (TB). You don't feel sick because the TB germs are not active now. You cannot spread TB to others when the germs are not active. You have a 1 in 10 chance that the germs will become active in the future if you don't take this medicine. You have been given a medicine called Isoniazid (INH) to keep the TB germs from becoming active and causing you to become sick. Follow the instructions on this guide to help the medicine work its best for you.

Take your medicine at the same time each day.

It is best to take your medicine on an empty stomach.

- Take your medicine at least one hour before meals **or** at least 2 hours after meals **or** at bed time. You can take your medicine with milk, water, juice, soda, coffee or tea.
- If your medicine causes upset stomach, take it with food.
- If you are taking an antacid (like Maalox, Mylanta), take it 1 hour before **or** 2 hours after taking your INH.

If you forget to take your medicine, do *not* try to catch up the next day. Take your medicine like you usually do the next day. If you forget too many pills, the medicine will not work as well as it should. Tell the TB nurse if you can't remember to take your pills.

Do Not Drink Alcohol.

Warning: Drinking alcohol (wine, beer, liquor) while taking INH can damage your liver.

Tell the TB nurse:

- about all medicines you are taking, including dietary and herbal supplements.
- about any health problems or conditions you have.
- about allergies you have.
- if you are pregnant, planning to become pregnant, or are breast feeding.

Tell other doctors that you go to that you are taking INH.

INH is very safe. Most people don't have any problems taking this medicine.

However, if you have any of the following problems, stop taking your INH and call the TB nurse at _____:

- Yellowish skin or eyes
- Loss of appetite
- Stomach cramps
- Headaches
- Dark urine
- Nausea/vomiting
- Unexplained tiredness
- Fever
- Skin rash
- Numbness or "pins and needles" feeling in hands or feet.

If any of these problems occur on a weekend, please call your primary care doctor or go to the emergency room. Take your medicine with you to show the doctor.