

Tips for Taking INH:

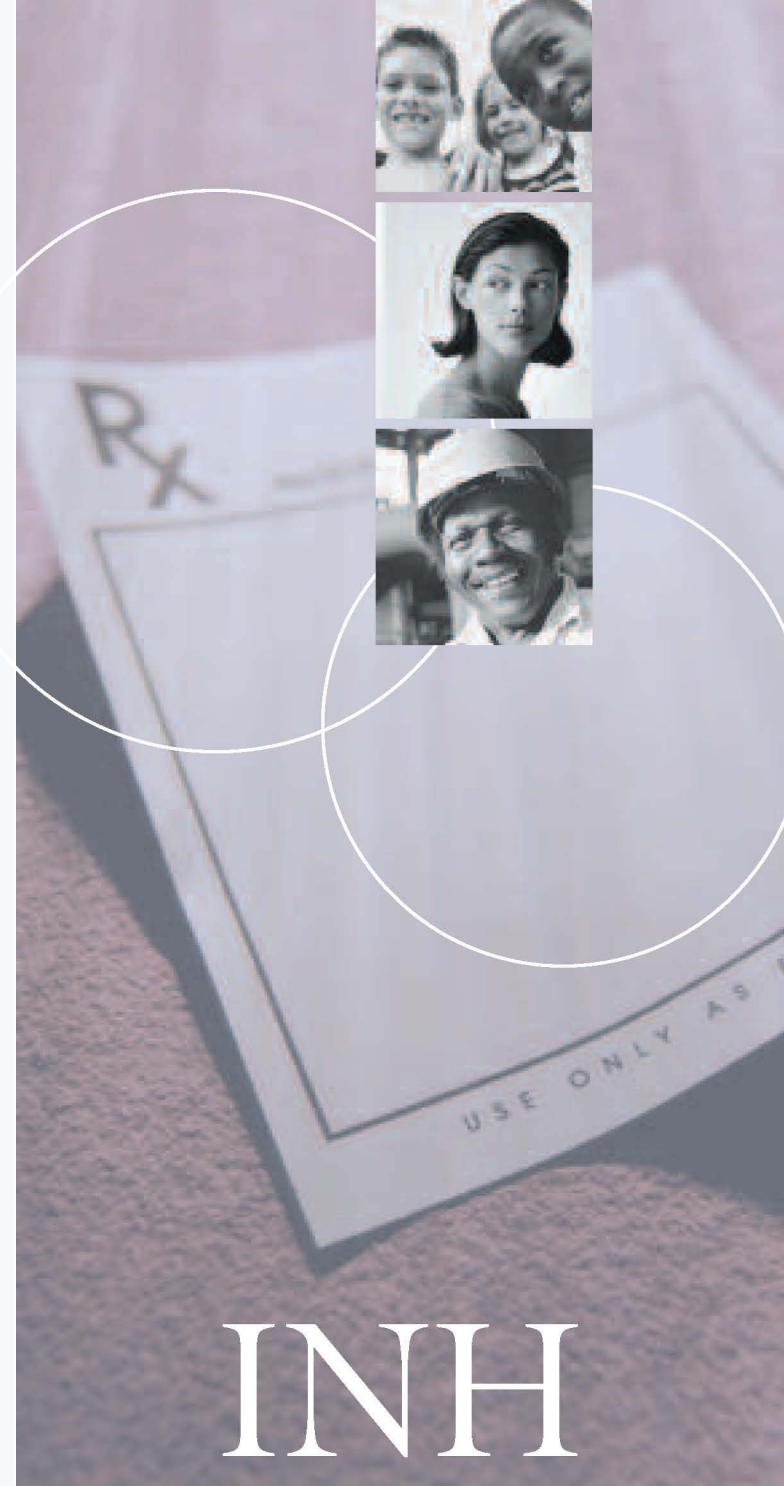
1. Take your INH at the same time each day. Use a calendar to cross off each time you take a tablet. It is very important not to miss one day of your medicine.
2. Do not drink alcoholic beverages while taking this medication.
3. Keep your INH in a safe place out of reach of children.
4. Remember to keep all your appointments.
5. If you develop side effects, call the county health department nurse who is managing your treatment or your physician.

6. Special Instructions:

Your Next Appointment:

Date:	Time:
Date:	Time:
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If you have questions, call:



INH

*standing between you
and tuberculosis*

Florida Department of Health
TB Program

DH 150-283, Revised 5/01
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I'm not sick!

Why do I need to take medicine?

Your test shows you have tuberculosis (TB) germs in your body or you have recently been exposed to someone with active, infectious TB disease. You have not yet developed active TB disease. Currently, your TB germs are in a "sleeping" state, but they are alive. They have traveled to many parts of your body, such as your lungs, spine, or kidneys. You have what is called "latent TB infection." **When you have latent TB infection, you cannot give TB to other people.**

However, if you become sick with another illness, or you become "rundown," the TB germs may come out of their sleeping state and begin to grow more TB germs and develop into active TB disease. **If you develop active TB disease, you may give it to other people, especially those people who are closest to you.**

How do I get rid of the TB germs in my body?

You may take isoniazid, also called INH, a TB medicine which can kill the TB germs. If this medicine is taken as your doctor prescribes, it will greatly reduce your chances of developing active TB disease.

How long will I have to take INH?

INH is usually taken once a day or as prescribed by your doctor. The length of treatment varies from six to nine months.

INH only works if it is taken regularly—every day or as prescribed by your doctor.

You may be put on directly observed therapy (DOT) for the length of your treatment. DOT means that a health care worker will meet with you whenever it is time for you to take your INH and observe you taking your medicine.

Is INH safe?

Studies have shown that INH is very safe and effective medicine for people of all ages. Most people have no problems taking this medicine. As with other medicines, side effects can occur. They usually have no lasting effects and disappear once treatment has stopped.

If you experience any of the problems listed below, STOP taking the INH and immediately call your physician or your county health department nurse.

Side Effects of INH:

1. Loss of appetite and feeling tired for no reason.
2. Dark colored urine (tea or coffee colored).
3. Yellow or "muddy" colored eyes.
4. Yellow skin color, rash, or persistent itching of your skin.
5. Persistent tingling ("like pins and needles") or numbness of your hands or feet.
6. Unexplained high fever.

Help protect
yourself against TB!

