



Isoniazid

Reason for taking this medicine

Isoniazid (INH) is a drug that is used alone, or with other drugs, to treat or prevent tuberculosis (TB).

How to take this medicine

- **It is very important that you take INH as prescribed**
- If you miss a dose, take it as soon as possible, but don't take two doses at one time
- It is best to take INH on an empty stomach
- If you get an upset stomach from INH, you can take it with food
- Antacids may help stomach upset, but they must be taken one hour before or after INH
- Tell your health care provider right away if you stop taking your medicine
- Do not drink alcohol as it may keep INH from working properly and could harm your liver
- Do not store INH in areas where there is direct sunlight, heat and/or moisture
- Pyridoxine (Vitamin B6) may be taken with INH to prevent numbness and/or tingling in your hands or feet
- Your health care provider will order blood work to check your liver function regularly throughout your treatment

Caution

- Any allergies to medicine should be reported to your health care provider and pharmacist before starting INH
- Always tell your health care provider and pharmacist if you are taking other medicines or herbal remedies. Serious side effects can occur when other medicines or herbal remedies are taken with INH
- Diabetic clients should know that INH may cause false test results with some urine sugar tests. Check with your health care provider
- Avoid medicines that affect the liver (e.g., acetaminophen)
- Oral contraceptives (birth control pill) and anticonvulsant medications should be monitored by your health care provider for any interactions with INH
- Avoid foods containing tyramine (Swiss or Cheshire cheese, red wine), and fish (tuna, skipjack Sardinella). A combination of INH and tyramine containing foods can immediately cause flushing and/or itching of the skin with or without a rash, hot flashes, palpitations, headache, and/or increased blood pressure. This usually goes away within two hours

- When INH is used in combination with warfarin (prevents blood from clotting) INR levels should be checked regularly as they may increase.

WHILE MOST PEOPLE CAN TAKE INH WITH NO PROBLEM, INH MAY CAUSE SOME SIDE EFFECTS.

NOTIFY YOUR HEALTH CARE PROVIDER IF YOU ARE EXPERIENCING:

- Dizziness
- Upset stomach
- Feeling very tired
- Clumsiness
- Blurred eyesight (with or without pain)
- Vomiting
- Weight loss
- Nausea
- Skin rash
- Numbness and/or tingling in hands or feet

INH can sometimes affect your liver. This is called **hepatitis**. Stop taking your TB medicines and call your doctor **right away** if you have any of the following symptoms:

- **yellowing of eyes and skin**
- **loss of appetite**
- **severe nausea and vomiting, stomach cramps, stomach pain**
- **fever, chills**
- **very dark urine**

Health Care Provider: _____

Phone Number: _____