



## **Vitamin B6 (Pyridoxine)**

### ***Reason for taking this medicine***

Pyridoxine is a B vitamin given to people who are taking drugs such as isoniazid (INH) or pyrazinamide (PZA) to treat or prevent tuberculosis. Vitamin B6 can help to prevent side effects of numbness and tingling in the hands and feet from INH and replaces pyridoxine that may be lost from the body when taking INH and/or PZA.

### ***How to take this medicine***

- It is important that you take Vitamin B6 as prescribed
- Do not take more Vitamin B6 than you have been told to take by your health care provider
- If you forget to take a dose of Vitamin B6, take it on the same day that you missed it
- You can take Vitamin B6 with or without food
- Do not store Vitamin B6 in areas where there is direct sunlight, heat and/or moisture

### ***Caution***

- Any allergies to medicine should be reported to your health care provider and pharmacist before starting Vitamin B6
- Always tell your health care provider and pharmacist if you are taking other medicines or herbal remedies
- While most people can take Vitamin B6 with no problem, in high doses (e.g., more than 2g per day) Vitamin B6 may cause numbness, tingling or burning in hands and/or feet

Other side effects reported:

- headache
- drowsiness

**Check with your health care provider if you have any side effects that you are concerned about.**

Health Care Provider: \_\_\_\_\_

Phone Number: \_\_\_\_\_