

# TUBERCULOSIS (TB) SUPERVISED TREATMENT

Tuberculosis (TB) Supervised Treatment requires the nurse to directly observe the patient as he/she consumes the prescribed medications. This regime is also known as Directly Observed Therapy (DOT).

## **Important points to note:**

- You should complete the full course of TB treatment as prescribed. Ideally, the medications should be taken at the same time at every visit.
- Registration is not required for your subsequent visits. Please proceed directly to the designated room to see the nurse upon your arrival.
- Bring your identification card at every visit for our verification.
- You will be asked for your name and identification card number at every visit. This helps us to ensure medication is dispensed to the right patient.
- Clean your hands before and after taking your medications.
- Check that you have received the correct medications. Take all the medications under the supervision of the nurse.

- Inform the nurse if you are unwell or having any side effects prior to taking the medications. The side effects include:

For patients on Rifampicin and/ or Pyrazinamide	<ul style="list-style-type: none"> <li>• Rashes</li> <li>• Nausea and/ or vomiting</li> <li>• Abdominal pain</li> <li>• Yellow sclera (white part of the eye)</li> <li>• Tea-coloured urine</li> <li>• Fever</li> <li>• Myalgia</li> </ul>
For patients on Ethambutol:	<ul style="list-style-type: none"> <li>• Blurring of vision</li> <li>• Loss of colour vision</li> </ul>
For patients on Isoniazid	<ul style="list-style-type: none"> <li>• Numbness of fingers and toes</li> </ul>
For patients on Streptomycin or Kanamycin	<ul style="list-style-type: none"> <li>• Giddiness/ unsteady gait</li> <li>• Hearing impairment</li> </ul>

- Inform us as soon as possible, if you are unable to visit the polyclinic for your medications.
- Remember to collect your supply of medications for weekends (Saturdays and Sundays) and public holidays from the nurse.
- Prior to your appointment at National Tuberculosis Care Centre (NTBCC), please collect your Treatment Form from the nurse before leaving.

NUR-E-044-0822-V4

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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