

**Patient Information:****Isoniazid (INH)****Questions and Answers**

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***What is Isoniazid (INH)?***

Isoniazid is an antibiotic. It prevents tuberculous bacteria from multiplying in the body. Isoniazid is used to treat tuberculosis (TB).

***What are the possible side effects of Isoniazid?***

If you experience any of the following serious side effects, stop taking isoniazid. Seek emergency medical attention or contact your doctor immediately, if you have:

- ◆ An allergic reaction (difficulty breathing; closing of the throat; swelling of the lips, tongue, or face; or hives)
- ◆ Seizures
- ◆ Confusion or abnormal behavior

Make an appointment in the medical clinic or call to speak with a nurse, if you have:

- ◆ Unusual weakness or fatigue
- ◆ Nausea, vomiting, or loss of appetite
- ◆ Abdominal pain
- ◆ Yellow skin or eyes
- ◆ Dark urine
- ◆ Numbness or tingling in your hands or feet
- ◆ Blurred vision

***How should I take Isoniazid?***

- ◆ Take isoniazid exactly as directed on the bottle. If you do not understand these instructions, ask the nurse, a doctor, or pharmacist to explain directions to you.
- ◆ Take each dose with a full glass (eight ounces) of water.
- ◆ Take isoniazid on an empty stomach one hour before or two hours after meals.
- ◆ If nausea occurs, ask your doctor if you can take isoniazid with food.
- ◆ Take all of the isoniazid that has been prescribed.
- ◆ It is important to take isoniazid regularly to get the most benefit.
- ◆ Take the supplemental vitamin B6 (pyridoxine) tablet daily during treatment to prevent numbness and

tingling caused by low levels of this vitamin.

- ◆ Store this medication at room temperature away from moisture and heat.

***What medicines or foods interact with Isoniazid?***

- ◆ Do not drink alcohol. Alcohol can increase the risk of liver inflammation if you are drinking while on INH.
- ◆ Do not take acetaminophen (paracetamol, Tylenol.)

If you have any flushing or headache after you eat the following foods while you are on INH, avoid the foods and discuss this with the nurse at your monthly visit:

- ◆ Cheeses, including American, Blue, Boursault, Brick, Brie, Camembert, Cheddar, Emmenthaler, Gruyere, Mozzarella, Parmesan, Romano, Roquefort, Stilton, and Swiss
- ◆ Sour cream and yogurt
- ◆ Beef or chicken liver, fish, meats prepared with tenderizer, bologna, pepperoni, salami, summer sausage, game meat, meat extracts, caviar, dried fish, herring, shrimp paste, and tuna
- ◆ Avocados, bananas, figs, raisins, and sauerkraut
- ◆ Soy sauce, miso soup, bean curd, and fava beans
- ◆ Yeast extracts
- ◆ Ginseng
- ◆ Chocolate

***What happens if I overdose on Isoniazid?***

Seek emergency medical attention if an overdose is suspected. Symptoms of an isoniazid overdose include:

- ◆ Nausea
- ◆ Vomiting
- ◆ Dizziness
- ◆ Slurring of speech
- ◆ Blurred vision
- ◆ Visual hallucinations
- ◆ Seizures
- ◆ Coma
- ◆ Death

# Isoniazid (INH)

## *Questions and Answers*

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### ***What happens if I miss a dose of Isoniazid?***

Take the missed dose as soon as you remember. If it is almost time for the next regularly scheduled dose, skip the missed dose and take the next one as directed. Do not take a double dose of this medication.

### ***What other warnings are there with INH?***

- ◆ Do not take this medication if you are pregnant, are trying to become pregnant or become pregnant during treatment.
- ◆ Do not take this medication without first talking to the nurses or a doctor if you are breast-feeding a baby. It can be taken if it is absolutely necessary; however, INH does pass through with breast milk and we advise to avoid any medication while you are breast-feeding. A doctor will determine if your INH treatment can be postponed until after you have stopped breast-feeding.

### **INH COMPLETION:**

Upon taking nine (9) months of INH you will receive a wallet card and document that states you have completed the recommended regimen and will not need to repeat this treatment.