

Treatment for Bone and Spine TB

Your anti-TB tablets — and why the full course matters

Your regimen: Number of tablets daily:
Expected total duration: (usually about 12 months for bone and spine TB)

How to take them

- **All the tablets together, once a day, on an empty stomach** — one hour before breakfast.
- Take them at the **same time every day**. Set a phone alarm.
- Take your **pyridoxine (vitamin B6)** tablet daily as well. It prevents numbness and tingling in the hands and feet.
- These medicines are available **free of charge** from the government DOTS centre. We will help you register.

NEVER STOP THE TABLETS BECAUSE YOU FEEL BETTER

You will start feeling better within a few weeks — long before the infection is cleared. TB in bone needs about a year of treatment because the germs hide in dead bone and abscess where medicines reach slowly.

Stopping early is how drug-resistant TB happens. Resistant TB is far harder to treat, takes much longer, and needs stronger drugs. If you are struggling with the tablets for any reason, come and talk to us. Do not simply stop.

ORANGE URINE IS NORMAL

One of the medicines (rifampicin) turns urine, tears and sweat orange-red. This is completely harmless. It can stain soft contact lenses and light clothing.

TELL US YOU ARE ON TB TREATMENT BEFORE TAKING ANY OTHER MEDICINE

These tablets reduce the effect of several medicines, including **birth control pills** and blood thinners. Do not rely on the pill for contraception while on treatment without discussing it with us.

CONTACT US PROMPTLY IF YOU GET

Yellow eyes or dark urine · persistent vomiting or loss of appetite · severe stomach pain · **any change in vision or difficulty telling colours apart** · numbness or burning in the hands or feet · skin rash · joint pain

