

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 called Directly Observed Therapy (DOT).

Important points to take note of:

- 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 subsequent visits. Please proceed directly to the designated room to see the nurse upon arrival.
- Present your identification card at every visit for verification.
- You will be asked to state your name and NRIC number/FIN at every visit. This helps us to ensure medication is dispensed to the correct patient.
- Sanitise 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 experiencing any side effects after taking the medications.

List of medications and side effects:

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

- Please inform your polyclinic as soon as possible, if you are unable to come for your Tuberculosis (TB) Supervised Treatment.
- Remember to collect your supply of medications from the nurse for Sundays and Public Holidays.
- Prior to your appointment at the TB Control Unit, please collect your treatment form from the nurse.