BURNING SENSATION IN LOWER PART OF CHEST & PAIN IN UPPER ABDOMEN



- Do not take all the medicines together
- Do not keep yourself hungry
- Do not keep a gap of more than 2-3 hours between two meals
- Avoid smoking and alcohol consumption as it aggravates acidity
- Inform your treatment supporter, health worker or doctor without any delay
- RASHES WITH OR WITHOUT ITCHING ON HANDS OR LEGS



- Apply moisturizing cream
- Do not expose the rashes to sunlight
- Rashes usually subside with time
- Inform your treatment supporter, health worker or doctor without any delay

Immediately inform your treatment supporter, health worker or doctor without any delay

Swelling of face, weight gain, sleepiness and swelling in front of neck

Ο

Difficulty in hearing, ringing sound in ear

Ο

Diminished vision, painful eye movements

Ο

Loss of appetite with yellow discoloration of the skin & dark coloured urine

Ο

Joint & muscle pain or pain while walking

0

Tingling, numbness in hands & feet

Ο

Giddiness

0

Fits

0

Depression & suicidal tendencies

GENERAL INFORMATION

for managing common ailments while on Anti-TB Treatment (ATT)

Objective

The duration of TB treatment is relatively long varying from 6 months to 24 months. Patients frequently suffer some ailments while on Anti-TB Treatment (ATT). This general information helps overcome these ailments smoothly without compromising on ATT





TB is an infectious disease but it is **CURABLE.** Ensure regular follow-ups as suggested by your health care provider

Key information

Many identified public and \odot private health facilities provide TB diagnostic services and treatment 'free of cost'

Adherence to and

completion of Anti-

TB Treatment is

important even if

the TB symptoms

have disappeared

during the course

of treatment

- Irregular and inappropriate TB treatment makes you \bigcirc prone to develop 'drug-resistant TB'
- If diagnosed with drug-resistant TB, the duration of \odot TB treatment increases with the addition of a few more anti-TB drugs
- During the course of treatment, you may experience \odot some mild unpleasant side-effects which will disappear with time
- You should complete the full course of treatment. \odot Irregular and incomplete treatment may lead to consequences like treatment failure, spread of TB to other parts of the body, and development of other complications which may even lead to death
- If you are simultaneously taking other medicines like \odot homeopathic, ayurvedic, unani, etc. with TB drugs, inform your treatment supporter, health worker or doctor about it
- Always carry your TB- Patient ID card with you \odot

	-						
TB identity card	Site of Dis		🗆 Extra pi	ulmonary			Appointment dates
Name:	Type of Pa						
Sex D M D F D T G Age:	□ New	ment					
Sex LIM LIFLIG Age:		nt					
Address:							
		Treatment after Failure					
Other. Previously treated							
	Transferred in						
Contact No:							
		Case Definition					
Aadhar ID.	Microbio	Microbiologically confirmed					
PHI TU District	□ Clinically	diagnose	d TB				
Episode ID:	Dosage:						
Episode ID.	FDC or	Ioose n	nedicines				
Name and designation of treatment supporter:		Sputum results					
		Smear		Culture	Culture		
Contact number and address of treatment supporter:		Date	Result	Date	Result		
	Diagnosis End IP						
CPT ART Diabetic Smoker	End RX						
	6 months						
	12 months						
Date of starting treatment: (DD/MM/YYYY)	18 months						
Weight Band:	24 months					In case	of side effects or queries pleas
Adult: 25-34 Kg 35-49 Kg 50-64 Kg 65-75	Treatment or	itcome:					-
Kg □ ≥75 Kg		Treatment outcome: Date:					and contact number:
Pediatric: 4-7 Kg 8-11 Kg 12-15 Kg 16-24 Kg 25-29 Kg 30-39 Kg							

Always practice cough hygiene to prevent further spread of TB germs



Cover your mouth & nose with a mask



You can also cover your nose and mouth with vour elbow flexed

Measures to reduce likelihood of unpleasant experience

supporter/peripheral health worker on 'how to take drugs' to reduce the possibility of developing any of these side effects:

Take nutritious foods

treatment

abuse (ganja, opium, etc.)

You can engage yourself in activities like yoga, meditation, exercise, etc. and have a proper sleeping-pattern

If you experience any unpleasant feelings or side effects, do not panic. Please inform your Treatment supporter, ASHA, ANM or doctor

Most common unpleasant experiences while on anti-TB treatment

 \bigcirc

Not all patients suffer from these unpleasant side-effects

Early consultation with a doctor or health worker helps prevent development of major side-effects Do not stop or resume medicines on your own

NAUSEA & **VOMITING**. LOOSE STOOLS/ DIARRHOFA

HEADACHE,

GIDDINESS& **WEAKNESS**

- Do not take all the medicines together
- \bigcirc Take medicines with little water or milk at bed time
- Stay hydrated (drink enough \bigcirc water)
- \bigcirc Avoid smoking and alcohol consumption as it aggravates these sufferings
- Inform your treatment \bigcirc supporter, health worker or doctor without any delay
- Do not take any medicines \bigcirc on your own
- Do not stop or reduce the \bigcirc dose of anti-TB medicines on your own
- Have nutritious food and \bigcirc enough water
- Take proper rest \bigcirc
- \bigcirc Follow a healthy lifestyle (yoga, meditation, etc.)
- \bigcirc Stay positive
- Inform your treatment supporter, health worker or doctor without any delay





Follow the instructions given by the doctor/ treatment

Maintain your daily water-intake

You must avoid drinking alcohol while on anti-TB

In addition, avoid tobacco, smoking and other substance