



Instructions For TB patients

1. Never stop or interrupt treatment even if you are feeling better, as this feeling means that your body is responding to treatment and not yet cured. To be fully cured, you have to take prescribed medications regularly for at least 6 months under medical supervision.
2. Stopping your treatment early makes you vulnerable for relapse, which would make your cure very difficult, which may lead to years of treatment instead of months.
3. Take your medicine on an empty stomach followed by a large amount of water or soup.
4. It is necessary to visit hospital or health center regularly, as recommended by your physician.
5. Consult your doctor in case you have to take medications other than those prescribed for tuberculosis. Stop smoking and drinking alcohol, as these will negatively affect your lungs and immune system.
6. Ensure that you have sufficient amount of medications to prevent interruption
Medications are provided free of charge by the Ministry of Health.
7. Invite people you contacted to visit the nearest primary healthcare center.
8. Keep your house well aired and ventilated, expose your bed to direct sunlight and keep a healthy and nutritious diet.
9. Maintain personal hygiene.
10. In case you change your home address, inform the hospital to apply the required procedures to ensure regular treatment.

Wishing you good health and wellness

