Educational Material

Medication Fact Sheet - Isoniazid (INH)

It is important to take this medication for the full time of treatment. It is important that you do not miss any doses. If you do miss a dose, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular schedule. DO NOT double dose.

To store medication:

- Keep out of the reach of children
- Store away from heat and direct light.
- Do not store in the bathroom, near the kitchen sink, or in damp places. Heat or moisture may cause the medicine to break down.

How to take this medication:

- Take on an empty stomach with a glass of water.
- The tablet may be crushed in applesauce.
- Do not drink alcohol of any type, including wine or beer.
- Do not take antacids one hour before or after taking INH.

Tell your doctor, nurse or pharmacist if you take ANY other medication; especially medication for seizures.

Possible drug effects:

Tiredness	Change in color of urine or stool
Weakness	Sore muscles
Fever	Tingling or numbness of fingers or toes
Loss of appetite	Vision changes
Nausea	Rash
Vomiting	Weight loss
Diarrhea	Yellow skin or eyes

The information on the action and possible side effects of this medication prescribed by the doctor has been explained to me and I understand. I will call the doctor or nurse if I have any questions or symptoms.

Name: _____ Date: _____ Witness:_____

What Should I Avoid While Taking Isoniazid?

Avoid alcohol while taking isoniazid. Alcohol will increase the risk of damage to the liver during treatment with this medication.

Use caution with the foods listed below. They can interact with isoniazid and cause a reaction that includes a severe headache, large pupils, neck stiffness, nausea, vomiting, diarrhea, flushing, sweating, itching, irregular heartbeats, and chest pain. A reaction will not necessarily occur, but eat these foods with caution until you know if you will react to them. Call your doctor immediately if you experience any of these symptoms.

Eat the following foods with caution:

- 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;
- caffeine (coffee, tea, cola, etc.); and
- beer (alcoholic and nonalcoholic), red wine (especially Chianti), sherry, vermouth, and other distilled spirits.

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