



Appendix 6

Isoniazid

How do I take?

Take isoniazid on an empty stomach, 30 minutes before a meal or at least 2 hours after.

Will there be any interactions with any of my other medicines?

Your NTM team will check for any interactions. Please ensure you make your NTM team aware of all prescribed medications you take and any over the counter medications.

- Medicines that isoniazid interacts with include (but not limited to):
 - Aminophylline/theophylline
 - Carbamazepine
 - Benzodiazepines
 - Disulfiram
 - Antifungal agents e.g. itraconazole
 - Ethambutol
 - Food rich in histamine and tyramine in excessive amounts e.g. cured meats, mature cheeses, wine, beer and certain fish like tuna, mackerel and salmon. Isoniazid affects the metabolism (break down) of tyramine and histamine; hence the build-up of histamine and tyramine can cause symptoms such as headaches, sweating, palpitations, flushing and low blood pressure. Dietary restrictions are not usually necessary unless symptoms are experienced

Is there anything I need to look out for?

- Isoniazid may cause side effects. You should make your NTM team aware if you experience any of the following side effects:
 - Symptoms of changes in liver function which includes loss of appetite, upset stomach, tiredness, pain in the right upper belly, vomiting, dark urine, and/or yellowing of the eyes or skin
 - Any unexplained bruising or bleeding
 - Symptoms suggestive of peripheral neuropathy such as sensations of 'pins and needles' of extremities, some describe as burning sensations or numbness. Your NTM team will usually co-prescribe vitamin B6 (also known as pyridoxine) to reduce this side effect risk.
 - Mood or sleep disturbances



What other side effects might I experience?

- Other side effects include (but not limited to):
 - Diarrhoea, stomach upset, nausea
 - Loss of appetite
 - Constipation
 - Dry mouth
- Please see patient information insert provided with medication for full list of side effects

How will I be monitored?

- Your NTM team will check your full blood count and liver function before you start treatment and regularly throughout your treatment
- Nerve conduction tests may be arranged if you report symptoms suggestive of peripheral neuropathy
- If you are diabetic, do keep up with regular blood glucose monitoring as isoniazid can affect blood sugar control