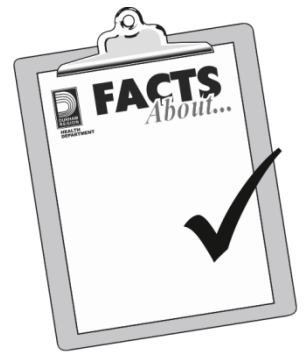




FACTS *About...*



HEALTH DEPARTMENT

Vitamin B6 (Pyridoxine)

Reason for taking this medicine

Pyridoxine is a B vitamin given to people who are taking the **tuberculosis** (TB) drugs isoniazid (INH) or pyrazinamide (PZA) as INH and PZA take pyridoxine out of the body.

How to take this medicine

- It is important that you take vitamin B6 as ordered
- Do not take more vitamin B6 than you have been told to take by your doctor
- If you forget to take a dose of vitamin B6, take it on the same day that you missed it
- You can take vitamin B6 **with or without food**
- Do not store vitamin B6 in areas where there is direct sunlight, heat and/or moisture

Caution

- Tell your doctor and pharmacist if you have any **drug allergies** before starting vitamin B6
- Always tell your doctor and pharmacist if you are taking other drugs or vitamins

Most people can take vitamin B6 without any problems, in **high doses** (e.g. more than 2 grams per day) vitamin B6 may cause some side effects:

- Headache
- Nausea and vomiting
- Diarrhea, stomach pain
- Loss of appetite
- Numbness, tingling in hands and/or feet

Check with your doctor if you have any side effects that you are concerned about.

June 3, 2019

For more information

Durham Region Health Department

905-666-6241 1-800-841-2729 durham.ca

If you require this information in an accessible format, contact 1-800-841-2729.