



Durham Region Health Department Facts about...



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

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
- Do not store vitamin B6 in areas where there is direct sunlight, heat and/or moisture

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.

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905-668-2020 or 1-800-841-2729 | durham.ca/health

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

