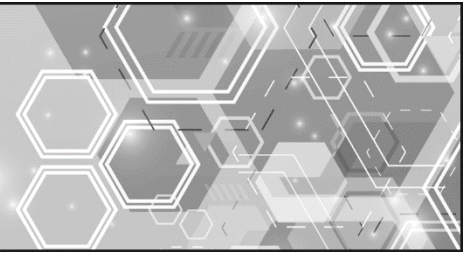




Durham Region Health Department Facts about...



Isoniazid

Brand names

Isoniazid, Isotamine

Reason for taking this medicine

Isoniazid (INH) is an antibiotic used to treat or prevent **tuberculosis** (TB). It is used alone or with other TB drugs.

How to take this medicine

- **It is very important that you take INH as ordered**
- If you think you might be **pregnant**, or you are **breastfeeding**, tell your doctor
- Take the drug at the same time every day. If you miss a dose, take it as soon as possible, but **never** take two doses at one time
- Take this drug by mouth on an empty stomach (**one hour before meal or two hours after**) or as directed by your doctor
- If you get an upset stomach from INH, you can take it with foods that are low in fat and sugar
- Antacids may help your stomach upset, but they must be taken one hour before or after INH
- **Do not drink alcohol** when taking INH
- Pyridoxine (vitamin B6) is taken with INH to prevent numbness and/or tingling in your hands or feet

Caution

- Tell your doctor and pharmacist if you have any **drug allergies** before starting INH
- Always tell your doctor and pharmacist if you are taking other drugs or vitamins
- Tell your doctor if you have HIV infection, liver or kidney disease, drink alcohol, diabetes or numbness or tingling of arms or legs (peripheral neuropathy). People that are diabetic should know that INH may cause a false urine or blood sugar result
- Avoid medicines that affect the liver (e.g. acetaminophen)
- Birth control pills may not work as well when taking INH. Use condoms or other methods

... over

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



Caution - continued

- Avoid foods containing tyramine (Swiss or Cheshire cheese, red wine), and fish (tuna, skipjack Sardinella). INH and foods with tyramine can cause flushing and/or itching of the skin with or without a rash, hot flashes, palpitations, headache, and/or increased blood pressure. This usually gets better within 2 hours
- Do not store INH in areas where there is direct sunlight, heat and/or moisture
- Have your blood work done as ordered by your doctor to check your liver

Most people can take INH without any problems. INH may have some side effects and can affect your liver. This is called hepatitis. Tell your doctor if you have:

- Dizziness
- Upset stomach
- Feeling tired
- Blurred eyesight (with or without pain)
- Nausea and vomiting
- Weight loss
- Skin rash
- Numbness and/or tingling in hands or feet

Stop taking your TB drugs and call your doctor **right away** if you have any of the following symptoms:

- Yellowing of eyes and/or skin
- Severe loss of appetite
- Severe nausea and vomiting
- Stomach cramps or severe stomach pain
- Fever, chills
- Very dark urine
- Feeling very tired or weak

April 17, 2026