

7 ways to make taking

TB treatment easier

Remembering to take your medicine for tuberculosis (TB) every day may not always be easy, but there are different ways to make it much easier:

“Swallowing all the tablets at once (in one gulp) can make you feel sick.”

1) One of them is called **Directly Observed Treatment (DOTS)**, which means you go to the clinic and a staff member from the clinic watches you take your tablets – this can be done by a friend or a family member too.

IF you live close to a clinic, this can help you remember to take your medicine.

IF not, anyone you choose in your house, or a friend that will be there every time you take your medication, can remind you and watch you take your tablets.

2) **Setting an alarm** to remind you that it is time to take your medication is also a good idea. That way you will not miss your daily dosage.

3) Having a **pill container** with different days of the week can help to remind you when to take your medicines.

4) The drug doesn't taste good, but taking the tablets with **water and some food** can help. It will also stop the drugs from giving you a tummy ache and hurting the walls of your stomach.

5) Swallowing all the tablets at once (in one gulp) can make you feel sick. Taking **one or two tablets at a time** could be helpful – but remember not to miss any.

6) Also, knowing when your **next clinic appointment** is due is important. This date can be added to your diary or put on an alarm on your cell phone. This helps you make sure you do not run out of medication.

7) If you **smoke or drink alcohol, please avoid this** while taking your TB medicine.

Remember, the TB medication is working to make you better and cure the TB!

 sheconquerssa.co.za  She Conquers SA  @SheConquersSA

 B WiseHealth.com  B WiseHealth  @B WiseHealth