

# Do you want to know?

## Tuberculosis

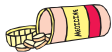
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### What is it?

Tuberculosis (TB) is a disease caused by a bacteria called *Mycobacterium tuberculosis*. The bacteria can involve any part of your body but they usually go to the lungs. TB is spread through air-droplets (coughing, sneezing and talking). The most common symptoms are prolonged high temperature (low grade), fatigue, loss of appetite, weight loss, occasional chest pain, persistent cough with bloody sputum and night sweats. Tuberculosis is a completely treatable and curable disease, on condition that you take all of the treatment for it.

### What do you need to know?

#### Drugs



- Your treatment includes several drugs (3, 4 or even 5) and many tablets. Make sure to take them all, preferably on an empty stomach.
- Continue medications as prescribed by your physician even if you feel better and have no more symptoms.

#### Diet



- Encourage fluids to maintain adequate hydration.
- Encourage a well-balanced diet to enhance recovery.

#### Activity



- After an initial period of isolation/rest, you may go back to your regular activities (study, work, and later exercises).
- Some bed rest generally gives you comfort and relief.



#### Therapeutic Measures

- Drink plenty of fluids, do sponge baths and take medications to decrease your temperature if it is elevated.
- Deep breathing is good even though it may induce coughing. It prevents the lungs from collapsing and enhances excretion of respiratory secretions.
- Monitor body weight, fluid intake and urine output.



#### Considerations

- You may need to be isolated for 1 to 2 weeks after starting treatment.
- Cover the mouth and nose when coughing or sneezing.
- Maintain handwashing and good hygiene.
- There is a need for taking sputum culture during therapy from time to time.
- Report to the physician any exacerbation of symptoms.
- Encourage your contacts to be examined and treated if indicated.

### INSTRUCTIONS

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The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.