



# Pyridoxine (B6)

## A patient's guide to taking medicine for TB

### What is Pyridoxine?

Pyridoxine is another name for Vitamin B6. Vitamin B6 is used to prevent numbing and tingling of the hands or feet sometimes caused by Isoniazid (INH) or other TB medicines.

### How do I take this medicine?

- It is very important that you take the medicine every day or as instructed by your doctor.
- Tell your doctor right away if you stop taking your medicine.
- If you miss a dose take it as soon as possible, but never take two doses at one time.
- Try to take the medicine on an empty stomach. If it upsets your stomach, take it after meals.
- Store in a cool, dry place.
- Protect from light.
- Keep away from the reach of children.
- Remember to tell your doctor about other medicines you are taking or any new medicines that you start taking

### Tips for taking your TB medicine

- Take your medicine at the same time every day, for example:
  - Before going to bed
  - First thing in the morning
- Use a weekly pill container
- Mark off each day on a calendar after you take your pills