TB PREVENTIVE TREATMENT
Introduction

One-quarter of the world’s population is infected with the germ that causes TB, a disease that kills globally more than 4,000 people per day and is the leading cause of death in people living with HIV (PLHIV). In Malawi 15,632 patients were diagnosed with TB in 2018, almost half of them were PLHIV.
What is TB?

TB is a disease caused by the tuberculosis germ. It is spread from person to person through the air and settles in the lungs. TB disease of the lungs is most common, however, tuberculosis germs can also spread from the lungs to other parts of the body.

How does it spread?

When a sick person with TB of the lungs, coughs, sneezes or spits, the invisible TB germs spread into the air. These germs can float around for many hours and a healthy person who breathes in this air can be infected.

PLEASE NOTE:

TB is NOT spread by a person sick with TB through touching, kissing, food & water, sharing dishes or cutlery, sheets, clothing, toilet seats or insect bites.
Signs and Symptoms of TB

If you are having any of the following symptoms, you should visit your nearest clinic as soon as possible to get tested for TB:

- Unintentional weight loss / poor weight gain in children
- Fever
- Cough
- Night sweats that requires you to change your bed linen or clothes

Who is at greatest risk of getting sick from TB?

- People with weak immune systems such as: PLHIV, diabetics, malnourished people, elderly people over the age of 60 years or those with cancer or taking medicines that decrease the immune system.
- Children under 5 years
TB HIV coinfection

- There is a very strong relationship between TB and HIV.
- HIV reduces the protection provided by the immune system (white blood cells) and enables TB germs to multiply, facilitating rapid progression to active TB disease. On the other hand TB disease enables multiplication of the HIV virus, leading to AIDS.
- It is important for all TB patients to test for HIV and for all PLHIV to get screened for TB.

What is the difference between TB disease and TB infection?

- People infected with TB germs who do not feel sick because the germs are inactive (sleeping) have a condition called “latent TB infection.”
- A person with latent TB infection cannot spread TB to others.

How can TB be prevented?

BCG injection

BCG injection can prevent TB from developing after infection, and can also reduce the severity of disease.

TB Preventative Treatment (TPT)

- TPT medication is given to people with latent TB infection (sleeping TB) to prevent them from getting sick with active TB.
- Two main choices for TPT are isoniazid (6H) or 3HP.
Infection Prevention and Control in homes and facilities

• This is done through correct hygiene, ensuring opening windows and healthy lifestyle

Why Take TB Preventive Treatment?

• Taking 3HP or isoniazid (6H) is the only way to kill the sleeping TB germs in latent TB infection

• If the germs stay in your body they can make you sick from TB

• If you get sick you may spread TB to your family and friends
What is 3HP?

3HP is a combination of 2 drugs, isoniazid (H) and rifapentine (P) which are taken together each week for 3 months (12 weeks) to get rid of latent TB infection.

What are the benefits of 3HP compared to 6H?

- Shorter period: 12 days 3HP over three months vs. 180 days (6 months) isoniazid (H)
- Fewer side-effects (less harmful for the liver)
- Easier to finish treatment

12 doses of 3HP over three months vs 180 doses (six months) of 6H. Fewer doses, shorter duration, easier to finish treatment.

Once a week

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Who should not take 3HP?

- Pregnant women
- Children less than 2 years old
- 3HP can lower medications such as some ARVs (Lopinavir and Nevirapine) and hormone-based contraception when they are taken at the same time
- Children < 15 years on Dolutegravir
- Most adults and children who cannot take 3HP can receive 6H, except for pregnant women

Where to get 3HP?

- 3HP can be prescribed by the health care worker from your local clinic
- You will get an appointment once a month to receive a new supply of 3HP and to check whether there are any problems such as side effects
What do I need to know about side-effects?

Most people can take TPT (3HP or 6H) without any problems.

- Rifapentine (3HP) may give your urine, saliva, tears, or sweat an orange-red colour. (this is normal).
- Isoniazid (3HP and 6H) may cause tingling or numbness in hands and feet. Your doctor may give you Vitamin (B6) to prevent this.

Please contact a health care provider if you have the following symptoms:

- persistent fatigue, nausea/vomiting, loss of appetite, jaundice (liver symptoms)
- flu-like symptoms with or without fever (mild and self-limiting)
- tingling or burning in hands or feet
- rash
- diarrhoea or confusion, pellagra symptoms
- cough, fever, sweats, weight loss (TB symptoms)
This medication may affect hormone based birth control (including birth control pills, rings, and injections).

During treatment, barrier forms of birth control (condoms or diaphragms) should be used to avoid pregnancy.

If you become pregnant or think you might be pregnant, tell the doctor or nurse right away.
For updated information on IMPAACT4TB and to download a copy of this document and other materials related to TB preventive therapy, please visit: www.impaact4tb.org/library