About my BPaLM treatment for drug-resistant tuberculosis (TB)

This leaflet is about rifampicin-resistant tuberculosis (RR-TB) and multidrug-resistant tuberculosis (MDR-TB)

What are RR-TB and MDR-TB?

RR-TB occurs when TB bacteria become resistant to rifampicin, one of the most powerful antibiotics normally used to treat the illness.

MDR-TB occurs when TB bacteria become resistant to rifampicin and isoniazid - the two most powerful antibiotics normally used to treat the illness.

This means that these medicines will not work effectively as they can no longer kill the TB bacteria.



Information and support

TB Alert information service: for any questions or concerns about TB, email **contact@tbalert.org** or call **0330 102 2403**. This number is low cost or free to call by mobile phone, depending on your contract.

What does it mean if I have RR-TB or MDR-TB?

RR-TB and MDR-TB are more difficult to treat than ordinary TB. You may need to take more tablets to treat this type of TB, and the medicines used against it have a greater number of side effects.

Most people taking BPaLM treatment will need to take antibiotics for 6 months, but some people may have their treatment extended to 9 months.

If you have RR-TB or MDR-TB, you may be infectious for longer, may feel more unwell and are more likely to be admitted to hospital for treatment. However, if you take all the medication for the full course there is a very high chance of a successful cure.



Peer support: talk to others who have been through TB online at: **healthunlocked.com/tb-alert**

Or email **contact@tbalert.org** to arrange direct support.

What is BPaLM treatment?

This is the name of treatment for tuberculosis that uses four medicines: Bedaquiline (B), Pretomanid (Pa), Linezolid (L), and Moxifloxacin (M).

Some people who have TB bacteria that is also resistant to a type of antibiotic called fluoroquinolones will not be given moxifloxacin, and will take the other three medicines only. The duration of treatment is usually six (6) months, but sometimes may be extended to nine (9) months.

Your doctor or nurse will explain how to take your treatment - ask them to make a note below.

Before you start taking your TB drugs, tell your doctor about:

- all other medicines that you are taking including any that you buy over the counter in a pharmacy
- any previous allergy to any other medicines
- any history of other illnesses or conditions
- if you are pregnant or breastfeeding

On the following pages you can find reminders on how to take your medications and information about common and serious side effects.

Please see your TB Nurse if you are struggling with treatment.

My TB treatment plan

Ask your doctor, nurse or pharmacist to write your treatment plan here. They should highlight the medications you are taking in the table below, which provides more information about each drug.

Medication	Dose

Treatment start date:

Anticipated duration of treatment:

Bedaquiline



Warn your doctor before treatment: if you have ever experienced allergies to other medications, kidney or liver disease, heart problems, or thyroid problems.

Taking your medication: Best taken with, or after, meals. Swallowed whole with water. You should not drink alcohol while taking this medicine.

Side effects:

- headache
- dizziness
- pain or swelling in the joints
- stomach upsets such as nausea (feeling sick), vomiting and diarrhoea
- chest pain

If you experience the following side effects, stop taking your tablets and contact your doctor immediately: a racing heartbeat, a heartbeat that suddenly becomes more noticeable (palpitations), or if you faint

Pretomanid



Warn your doctor before treatment: if you have ever experienced liver or kidney disease, heart problems, thyroid problems, low calcium/magnesium/potassium, epilepsy or convulsions.

Taking your medication: Best taken with, or after, meals.

Side effects:

- stomach upsets such as nausea (feeling sick), vomiting and diarrhoea
- decreased appetite

If you experience any of the following side effects, stop taking your tablets and contact your doctor immediately:

- jaundice (yellowing of the skin or eyes)
- a racing heartbeat, a heartbeat that suddenly becomes more noticeable (palpitations), or if you faint
- visual disturbances (blurred or poorer eyesight). These are rare. Your doctor or nurse will arrange for you to have an eye test before you start taking pretomanid.

Remember, your TB doctor or nurse is there to help you.

Linezolid



Warn your doctor before treatment: if you have ever experienced allergies to other medications; if you are taking other medicines (especially decongestants or those for depression or Parkinson's); high blood pressure, overactive thyroid, adrenal gland tumour or carcinoid syndrome, kidney or liver disease, epilepsy or convulsions, anaemia.

Taking your medication: Can be taken before or after meals. Avoid eating large amounts of mature cheeses, yeast extracts or soya bean extracts (such as soy sauce), or drinking large amounts of alcohol.

Side effects:

- stomach upsets such as nausea (feeling sick), vomiting and diarrhoea; or a metallic taste
- skin rashes and itchiness
- bloody or black stools or diarrhoea
- headaches
- unexplained bruising or bleeding

If you experience any of the following side effects, stop taking your tablets and contact your doctor immediately:

- pain, numbness, tingling or weakness in your fingers or toes
- visual disturbances (blurred vision, colour disturbance). These are rare. Your doctor or nurse will arrange for you to have an eye test before you start taking linezolid.



Moxifloxacin





Warn your doctor before treatment: if you have ever experienced allergies to other medications, liver disease, heart problems, tendon problems from quinolone antibiotics, epilepsy or convulsions, myasthenia gravis, enlargement or "bulge" of a large blood vessel (aortic aneurysm), glucose-6-phosphate dehydrogenase deficiency.

Taking your medication: Can be taken before or after meals. You should not drink milk, or take antacids, vitamin supplements or sucralfate within two hours of taking levofloxacin and moxifloxacin. Avoid direct exposure to either extensive sunlight or UV irradiation during treatment.

Side effects:

- stomach upsets such as nausea (feeling sick), vomiting and diarrhoea
- skin rashes and itchiness

If you experience any of the following side effects, stop taking your tablets and contact your doctor immediately:

- jaundice (yellowing of the skin or eyes)
- a racing heartbeat, a heartbeat that suddenly becomes more noticeable
- (palpitations), or if you faint
- tendon pain or swelling – if this happens, rest the painful area until you can see your doctor
- pain in your joints or swelling in joints such as in the shoulders, arms, or legs
- abnormal pain or sensations (such as persistent pins and needles, tingling, tickling, numbness, or burning), weakness in the legs or arms, or difficulty walking
- severe tiredness, depressed mood, anxiety, problems with your memory or severe problems sleeping
- changes in your vision, taste, smell or hearing