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What you should know about your treatment for TB with BPaL



Bedaquiline



Pretomanid



Linezolid

You will be starting treatment for your tuberculosis (TB) using three medicines: Bedaquiline, Pretomanid, and Linezolid, also called BPaL. BPaL is used when a person has TB that the usual medicines won't cure, or the person can't take the usual medicines for some other reason. BPaL is a newer TB treatment, it is very important that your nurses and doctors monitor closely how well the medicine is working. They will also watch to see if the medicine is causing you any problems (called "side effects").

Some important points when taking these medicines:

- **People should avoid getting pregnant or breastfeeding while taking these medicines.**
- Take all the TB medicines exactly the way your doctor or nurse tells you so that the medicines work the best.
- Taking other medicines with BPaL may increase the chance of side effects during treatment.
- It is very important to tell your doctor or nurse about any health problems you have now or in the past. Also tell the doctor or nurse about any medicines (prescription and over-the-counter), herbs, or other things you may be taking or plan to take for your health.
- Take the BPaL medicines with food and water.
- Do not eat or drink things that are aged, fermented, smoked or pickled while taking these medicines. Linezolid, one of the medicines in BPaL, may cause high blood pressure if you eat or drink these kinds of foods.
- Do not drink alcohol while taking any of these medicines.
- Pretomanid has caused mice to make less sperm, it might also cause this in people, however patients who have taken BPaL have had children after the treatment.

What to expect while taking these medicines:

- BPaL is given by directly observed therapy (DOT).
 - DOT means that a person from the health department will see you and make sure you are feeling okay before you take your daily TB medicines.
 - A person from the health department may meet you in person when you take your medicine to watch you take it or may ask you to take your medicine a different way. DOT is the best way to make sure that any problems with the medicines or your TB are seen quickly, and your doctor knows right away.
- How often you will take each medicine:
 - Bedaquiline is taken daily for the first two weeks, then, three times a week for **at least** six more months.
 - Linezolid is taken daily but could change to three times a week.
 - Pretomanid is taken daily for the whole treatment.

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- In order to monitor if the medicine is working and not causing side effects your nurse(s) will arrange for the things below:
 - Your height and weight before treatment starts, and then weight monthly.
 - Eye tests before starting BPaL and at least monthly for as long as you are taking linezolid.
 - Blood tests and sputum (phlegm) tests. These tests will be done more often the first month of treatment then at least monthly until treatment is done.
 - Sometimes you may also have a blood test done just before taking your medicine and again 2 and 5 hours afterwards to measure the amount of medicine in your blood. Your medicine may be changed based on the results of this test.
 - A heart test, called an EKG or ECG, which will be done before you begin treatment and repeated at two, twelve and twenty-four weeks.
 - If there is any chance you might be pregnant, you may have a pregnancy test.
 - You will be asked about symptoms of TB and have sputum tests and chest x-rays at different times for several months after you finish all your treatment.

Signs or symptoms to tell your nurses about

- There may be some small side effects while taking these medicines. They are usually not serious but tell your nurses if you have any of the things below.

! Let the nurse know RIGHT AWAY if you stop taking any of these medicines for any reason OR if you have any of these side effects:

LIVER

Poor appetite
Nausea/vomiting
Very tired/weak
Abdominal/belly pain
Fever
Dark urine (pee)
Pale stool

HEART

Dizziness
Lightheaded
Feeling faint
Irregular heartbeat
Fast or pounding heartbeat

BLOOD

Very tired
Short of breath
Pale skin
Easy bruising
Nose bleeds
Unusual bleeding

BRAIN AND NERVES

Numbness, burning, tingling (pins and needles) of hands, feet or elsewhere
Loss of taste or hearing or headaches
Vision changes (things look blurry or colors look different)
Eye pain (especially with eye movement)

KIDNEYS

Urinating (peeing) less than normal

SKIN

Skin rash / itching / acne

Gut

Chest pain / Heartburn
Diarrhea



Skin rashes

