How does this medication work?

Rifampin is an antibacterial agent used with other anti-infective drugs in the prevention and treatment of tuberculosis.

How do I take this medication?

Your dosage

<table>
<thead>
<tr>
<th>Rifampin</th>
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<tbody>
<tr>
<td>• _____ capsule(s), _____ mg</td>
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<tr>
<td>• _____ times a day</td>
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<td>• _____ times a week</td>
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Rifampin should, ideally, be taken on an empty stomach - i.e. 1 hour before or 2 hours after food.

If you are unable to swallow the capsule, its contents can be mixed with applesauce.

It is important to take rifampin regularly, at the same time each day, for the duration of your treatment, even if you feel better after a while.

*Never stop your treatment without first speaking to your doctor.*

What if I forget to take a dose?

Take the dose you missed as soon as possible, and then continue with your regular schedule.

If it is nearly time for your next dose, however, just take that one according to the normal schedule. Do not double up doses.

What are the side effects of this medication?

Body fluids (sweat, saliva, tears, sputum, urine and stool) may develop a brownish-orange colour. This effect is not dangerous and is reversible when treatment is stopped. However, if you wear soft contact lenses, it is recommended that you do not use them during treatment with rifampin, because they could become permanently stained. Hard contact lenses are not affected.

Some people may experience gastrointestinal (digestive) effects such as diarrhea, abdominal pain, nausea, vomiting and heartburn. To help lessen these, rifampin can be taken in two divided doses per day with meals (breakfast and supper). If these side effects occur and persist, consult your pharmacist, doctor or dietician for ways to manage them.

Rarely, rifampin can affect the blood and cause anemia, neutropenia or thrombocytopenia.

*Anemia* is a decrease in the number of red cells in the blood, and may result in breathlessness, fatigue or unusual weakness, loss of appetite and pale skin. *Inform your doctor* if this happens.

*Neutropenia* is a decrease in the number of white blood cells, which are required to combat infection.

*Thrombocytopenia* is a decrease in the number of platelets (blood elements required for coagulation and to stop bleeding). It can take the form of bruising or unexplained bleeding. *Advise your doctor* if you notice that your stools are very dark, there is blood in your urine, red spots on your skin, and if you have any wounds that are slow to heal. Your doctor will monitor your blood components by means of regular blood tests.
Other effects, such as headache, fatigue, drowsiness or dizziness may occur. Find out how rifampin affects you before driving a vehicle or undertaking any activity that requires close attention.

Rifampin may cause a temporary increase in hepatic (liver) enzymes, and hepatitis (inflammation of the liver) may occur on rare occasions.

**Hepatitis** can result in nausea, vomiting, loss of appetite, unusual fatigue, jaundice (yellow colour of the skin and the whites of the eyes). Inform your doctor if you experience several of these symptoms.

An allergic reaction may occur. If you notice the appearance of a skin eruption (rash, redness with or without itching) or other effect on your skin, have a fever or difficulty in breathing, inform your doctor immediately.

**Can I take rifampin with my other medications?**

- Oral contraceptives ("the pill")
  Rifampin may decrease the effect of oral contraceptives. Additional protective measures, such as latex condoms, are recommended.

Rifampin interacts with a number of other medications.

Consult your doctor or pharmacist before taking any new medication, whether on prescription or not, any natural products or recreational drugs.

**Can I drink alcohol if I’m on rifampin?**

Avoid the excessive or regular consumption of alcoholic beverages (beer, wine and spirits), as this may increase the risk of hepatitis (inflammation of the liver) or interact with some of your medications.

However, do not miss a dose of your medication because you want to have a drink. Unless your doctor tells you otherwise, reasonable (social) consumption should not be harmful to your health.

**What if I’m pregnant or breast-feeding?**

Certain risks are associated with the administration of rifampin in pregnant women (including the last weeks of pregnancy).

Rifampin should be used in pregnant women only when the benefits are clearly established.

If you are, or want to become pregnant, talk to your doctor about taking it.

As the virus can be transmitted via maternal milk, breast-feeding is not recommended in women who are HIV-positive

**Storage**

Keep rifampin in a dry place, at room temperature (15 to 30°C or 59 to 86°F). Avoid humidity (bathrooms, etc.).

Place out of the sight and reach of children.

**General advice**

Always keep your appointments with your doctor and the care team, so that your condition can be closely monitored.

If you have any questions about your medications or need help on how to schedule when to take them, please contact your doctor or pharmacist, who know your medication well.

**Contact person:** __________________________

**Telephone:** __________________________

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http://www.jag.on.ca/HIV