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**National AIDS Control Organisation**

India's response to HIV & Sexually Transmitted Infections  
Ministry of Health & Family Welfare, Government of India  
www.naco.gov.in

# FREQUENTLY ASKED QUESTIONS TUBERCULOSIS PREVENTIVE TREATMENT (TPT)

## Tuberculosis Preventive Treatment (TPT) for People Living with HIV (PLHIV)



**Tuberculosis is Preventable and  
Completely Curable**



### **What is Tuberculosis Preventive Treatment (TPT)?**

Tuberculosis Preventive Treatment (or TPT) consists of a course of one or more anti-tuberculosis drugs that are effective in preventing the development of tuberculosis disease.

### **Who should receive TPT?**

TPT is recommended for the following individuals:

- o People living with HIV (PLHIV),
- o Those who are in close contact with people with TB disease,
- o Other high-risk individuals (e.g. diabetes, malnutrition, alcoholics, smokers, person on dialysis, Immunocompromised individuals, transplant recipients, silicosis etc)

### **Why is TPT important for PLHIV?**

PLHIV are at a risk of developing TB disease, and with the administration of TPT, the risk of developing TB disease decreases by up to 90%.

### **Which drugs are given for TPT?**

For TPT, you may receive either one of the drug regimens as mentioned below:

1. 1HP: TPT regimen which consists of two drugs, Isoniazid (H) and Rifapentine (P), which is taken together once a day, daily for 28 days. This is given to individuals with age  $\geq 13$  years.

Or

2. 6H: TPT regimen which consists of Isoniazid (H), which is taken daily for 6 months. This can be given to all age groups.

### **When to take TPT?**

Your treating doctor will check if you have any signs or symptoms of TB disease and after confirming that you don't have TB disease, TPT will be recommended.

### **Can I take Antiretroviral Therapy (ART) and TPT together?**

Yes, you can take both treatments together as prescribed by your doctor. Following your doctor's advice and taking your medicines regularly is important.

### **What happens if I miss a dose of TPT?**

If you miss a dose, take it as soon as you remember. Do not take two doses at the same time. If you have missed more than 5 doses, inform your treating doctor immediately.

### **Are there any side effects from TPT?**

Most people don't have any side effects due to TPT. Some individuals may have mild nausea, vomiting tiredness, flu-like symptoms or skin rashes. Talk to your treating doctor immediately if you feel unwell or have unusual symptoms. Do not stop taking the medicine on your own.

### **Can TPT cure TB disease?**

No, TPT does not treat TB disease. TPT prevent development of TB disease, especially among PLHIV.

### **What should I do if I have TB symptoms while on TPT?**

Inform your treating doctor immediately if you have any symptoms like a cough, fever, weight loss, or night sweats.

### **Do I still need TPT if my HIV is under control or if I am virally suppressed with ART?**

Yes, even if you are virally suppressed or your HIV is under control, you will still need TPT. As you are at high risk of developing TB disease, TPT protects you from developing TB disease.

### **Can I take TPT if I am pregnant or breastfeeding?**

Yes, TPT is generally safe during pregnancy and breastfeeding, and your treating doctor will decide on the correct regimen of TPT (6H is safe for use in pregnancy).

### **Can children living with HIV take TPT?**

Yes, all children living with HIV are also eligible for TPT after confirming that they don't have TB disease. Consult your treating doctor for further information.

### **Can I stop TPT in between once the course in initiated?**

No, you should never stop TPT in between the course on your own. Completing the full course of TPT as prescribed is essential. Stopping the treatment early or in the middle could make you vulnerable to developing TB disease in the future.

### **Is TPT available free of cost for PLHIV?**

Yes, TPT is available free of cost at all the ART centre & government hospitals.

### **How can I prevent TB in addition to taking TPT?**

In addition to taking TPT, you can protect yourself from TB by:

1. Maintaining good hygiene and sanitation
2. Keeping your living space well-ventilated
3. If possible, avoid prolonged close contact with individuals known to have pulmonary TB disease, and wear mask for your protection
4. Regularly visiting your healthcare provider for check-ups
5. Adherence to ART medicines
6. Having a balanced diet to improve your immunity

**\* TPT medications are available free of cost at all government hospitals.**

**\* For more information, contact:**

**Your nearest ART centre or National AIDS Helpline Toll free no.1097**

**OR**

**TB helpline Toll free no. 1800116666. You can also download 'TB Arogya Saathi' app from Google Play Store**



*The purpose of this document is to provide clear, accessible information on 'Tuberculosis Preventive Treatment' to healthcare providers, patients and caregivers.*