

Directly Observed Therapy (DOT)

What is Directly Observed Therapy (DOT)?

- A program where a Public Health Nurse (PHN) watches you take your TB pills while you are on treatment.

How does the DOT program work?

The PHN will:

- Visit you at your home or another place that works for you.
- Visit you about three to five times a week while you are infectious.
- Reduce the number of visits per week after you are no longer infectious.

How does the PHN help?

While you are taking TB pills, the PHN will:

- Deliver your TB pills to you free of charge.
- Watch for side effects from the TB pills and will call your doctor or ask you to call your doctor for an appointment.
- Remind you of your follow-up doctor appointments.
- Provide health teaching.
- Help you remember to take your TB pills.
- Encourage and support you until your treatment is complete.
- DOT will give you and your family the chance to ask questions. This reduces the fears about TB.

Why is it important to take your TB pills every day?

- Taking your pills every day will cure your TB.
- If you don't take your TB pills every day, the TB germs can grow back and may become harder to cure.
- It is very important to take your TB pills even when you feel better because it takes a long time to kill every TB germ.



If you have questions about DOT or TB, please contact your doctor or speak with a Public Health Nurse by calling 905-546-2063

Updated: January 2021