

**Records for one month after starting treatment**

Day that you begin taking the drugs  
(Month) (day) (year)

Number of days that you take the drugs	(Month) (day)	Drugs						Symptoms and matters of concern Examination of phlegm
		PZA	INH	RFP	EB	SM		
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
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24								
25								
26								
27								
28								
29								
30								

※ Every day, mark a circle in the columns of the drugs that you have taken.  
 ※ Ask your medical doctor about the results of the examination of phlegm and enter the results.

Examination of phlegm	(Month)	(day)	Disappearance [ ]	Culture [ ]	(Month)	(day)	Disappearance [ ]	Culture [ ]
	(Month)	(day)	Disappearance [ ]	Culture [ ]	(Month)	(day)	Disappearance [ ]	Culture [ ]

**Records for the 2nd month after starting treatment**



This is about the time that the symptoms calm down, but that does not automatically mean that you are cured. Continue your treatment. Taking of PZA ends in two months.

Number of days that you take the drugs	(Month) (day)	Drugs						Symptoms and matters of concern Examination of phlegm
		PZA	INH	RFP	EB	SM		
31								
32								
33								
34								
35								
36								
37								
38								
39								
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Examination of phlegm	(Month)	(day)	Disappearance [ ]	Culture [ ]	(Month)	(day)	Disappearance [ ]	Culture [ ]
	(Month)	(day)	Disappearance [ ]	Culture [ ]	(Month)	(day)	Disappearance [ ]	Culture [ ]

## Records for the 3rd month after starting treatment



This is about the time when tubercle bacilli do not come out in phlegm, but they are still alive in your lungs.

Number of days that you take the drugs	(Month) (day)	Drugs					Symptoms and matters of concern Examination of phlegm
		PZA	INH	RFP	EB	SM	
61							
62							
63							
64							
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Examination of phlegm (Month) (day) Disappearance [ ] Culture [ ]  
 (Month) (day) Disappearance [ ] Culture [ ]

## Records for the 4th month after starting treatment



If you have any difficulty spitting out phlegm, try the following methods:

- 1) Moisten your throat with water or hot water.
- 2) Take about 10 deep breaths.
- 3) Clear your throat forcefully to spit out phlegm.

Number of days that you take the drugs	(Month) (day)	Drugs					Symptoms and matters of concern Examination of phlegm
		PZA	INH	RFP	EB	SM	
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Examination of phlegm (Month) (day) Disappearance [ ] Culture [ ]  
 (Month) (day) Disappearance [ ] Culture [ ]

## Records for the 5th month after starting treatment



Do not forget to take the drugs every day.  
This is the shortcut to your recovery.  
You must continue to take the drugs even after you leave the hospital.

Number of days that you take the drugs	(Month) (day)	Drugs					Symptoms and matters of concern Examination of phlegm
		PZA	INH	RFP	EB	SM	
121							
122							
123							
124							
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Examination of phlegm (Month) (day) Disappearance [ ] Culture [ ]  
 (Month) (day) Disappearance [ ] Culture [ ]

## Records for the 6th month after starting treatment



You have taken the drugs for six months.  
Congratulations! Those who must continue with the treatment are asked to try a little longer and give it another go.

Number of days that you take the drugs	(Month) (day)	Drugs					Symptoms and matters of concern Examination of phlegm
		PZA	INH	RFP	EB	SM	
151							
152							
153							
154							
155							
156							
157							
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Examination of phlegm (Month) (day) Disappearance [ ] Culture [ ]  
 (Month) (day) Disappearance [ ] Culture [ ]