

### **What is electronic directly observed therapy (eDOT)?**

In Saskatchewan, directly observed therapy (DOT), is the standard of treatment for active tuberculosis (TB). DOT is also used to treat latent TB infection. DOT means a trained health-care worker brings your medicine directly to you. The health-care worker then watches you swallow your medicine.

Electronic DOT (eDOT) is when a smartphone or computer is used to watch you take your medicine when the health-care worker is not with you in person. Sometimes this is called virtual DOT.

### **Why do I need to take my medicine by eDOT?**

Sometimes in person DOT cannot be used. It is important to take all of your medicine to treat TB no matter how it is given.

Using eDOT:

- will help you complete your treatment and prevent you from becoming sick again after treatment
- helps the TB team make sure you are doing well with treatment
- prevents the TB from becoming resistant to the medicine
- protects your family and community by preventing the spread of TB.

### **How is the medicine supplied?**

Your medicine will be given to you in small zipper storage bags (example: Ziploc® bags). You will usually be given enough medicine for 4 weeks. Each zipper storage bag will have all the medicine you need to take for one day. All of the medicine in the small zipper storage bag must be taken at the same time of day when you meet with your nurse or TB worker for eDOT.

### **How does eDOT work?**

Your nurse will email you information on how to join your eDOT visits and plan a time to meet with you. You will need to be in a well-lit space during eDOT. The nurse or TB worker will need to see your face. Have a glass of water nearby to take your pills with.

During your eDOT visit, your nurse or TB worker will:

- contact you at the planned time
- ask you to spell your full name and state your date of birth
- ask you how you did with your last dose of medicine
- ask you to show the label on the small zipper storage bag and to show each medicine before you take it
- watch you swallow your medicine
- confirm the date and time of your next eDOT visit
- answer any questions you may have
- remind you to place all the empty medicine packages back in the small zipper storage bag. You must keep all the medicine packages and zipper storage bags. The bags need to be returned to your nurse.



### Is eDOT private?

Protecting your privacy is important to us. Your nurse or TB worker will meet with you privately. Once you join the eDOT visit, no one else will be able to join your visit.

### How do I store my medicine?

Keep it away from children at all times. Your medicine is not in child-proof packages. If you can, keep the medicine in a cabinet or cupboard that locks.

Never leave the medicine in your car. Store it in a safe and secure place. Keep the medicine in a cool, dry, dark place at room temperature. Your medicine may not work to treat your TB if it is kept in hot or really cold places.

### Your eDOT plan

Your eDOT is planned for the following days and times:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Your nurse: \_\_\_\_\_ Phone: \_\_\_\_\_

TB Prevention and Control Saskatchewan SK toll-free 1-866-780-6482 or \_\_\_\_\_

### Special Instructions and additional information:

#### How to mix crushed medicine with rifampin suspension:

Crush and mix the medicine at the time the dose will be taken. **Do not mix ahead of time.**

1. Wash your hands.
2. Crush the tablet(s) into a fine powder using the pill crusher.
3. Carefully mix a small amount of rifampin suspension with the crushed medicine in the pill crusher.
4. Draw the medication back up into the syringe.
5. Shake the syringe to make sure the medicines are mixed well.
6. Give/take all of the medicine in the syringe.

#### How to use gel capsules:

Cut your pills at the time you will take them. Do not cut ahead of time.

1. Wash your hands.
2. Split the tablet(s) in half using the pill cutter. Each tablet will be scored with a mark showing where to split it.
3. Pull the gel capsule apart. Place one half of the tablet in one end of the gel capsule and the second half in the other end.
4. Join the two pieces of the gel capsule together again.

