

# Summary: CDC Guidance on Treatment of Tuberculosis Disease

This document summarizes key information from the U.S. Centers for Disease Control and Prevention (CDC) webpage on the treatment of drug-susceptible tuberculosis (TB) disease. It is intended for use by health care providers, program managers, and community health workers supporting TB care.

## Overview of TB Treatment

Treatment of active TB disease aims to cure the patient, prevent death and long-term disability, stop transmission to others, and prevent the development of drug resistance. When patients take medications as prescribed and complete therapy, most cases of drug-susceptible TB can be cured.

## Choosing a Treatment Regimen

Treatment regimens are selected based on drug-susceptibility testing results, the patient's clinical condition, and potential drug interactions. Expert consultation is recommended for complicated cases, including those involving comorbidities or treatment intolerance.

## Phases of TB Treatment

TB treatment consists of two phases. The intensive phase rapidly reduces the number of TB bacteria using multiple drugs over approximately two months. The continuation phase eliminates remaining bacteria and prevents relapse by extending treatment for several additional months.

## Standard Treatment Regimens

CDC recommends several evidence-based regimens for drug-susceptible TB, including a 4-month regimen (isoniazid, rifapentine, pyrazinamide, and moxifloxacin), a standard 6-month regimen (isoniazid, rifampin, pyrazinamide, and ethambutol), and longer regimens for selected patients. Directly observed therapy (DOT), including video DOT, is recommended to support adherence.

## Monitoring During Treatment

Patients should be evaluated at least monthly to assess clinical improvement, medication adherence, and side effects. Sputum smears and cultures are used to monitor bacteriologic response, and chest radiographs may be used to assess treatment progress.

## Supporting Patient Adherence

Adherence is critical to successful TB treatment. Education, DOT or video DOT, and supportive services help patients complete therapy. Patients should be counseled on expected side effects and warned to seek immediate medical attention for symptoms such as jaundice, severe nausea, or neurological changes.

## After Treatment Completion

Routine follow-up is generally not required after successful treatment completion. Patients should keep records of their TB diagnosis and treatment. TB tests may remain positive after cure and do not necessarily indicate active disease.

## Additional Resources

CDC provides clinical guidelines, training materials, and access to TB Centers of Excellence for further guidance on TB diagnosis, treatment, and program management.