

Steps in Video Observed Therapy (VOT)



PREPARATION

Step 1

1. Prepare these items beforehand
 - Dark plate/towel
 - Transparent cup or water bottle
 - Tuberculosis (TB) medicine
 - Log into Zoom app

2. Make sure the nurse can see your items and your upper body (from your head to your hands) clearly

Step 2

1. Hold up your TB medicine packet one at a time
2. Bring the medicine label close to the camera so the nurse can see it clearly.
3. Wait for the nurse to confirm that it is the correct medication.



Step 3

1. Remove the correct number of pills from the packet, as directed by the nurse
2. Place the pills on the plate
3. Repeat steps 2 and 3 until all your medicines are ready.



CONSUMPTION

Step 4

1. Hold each pill in front of the camera
2. Place the pill in your mouth
3. Swallow the pill with water, one at a time



Step 5

1. Open your mouth so the nurse can see that you have swallowed the pill.
2. Repeat steps 4 and 5 until all pills are taken

