

1 Molecular bacterial load assay (MBLA) concurs with culture on the NaOH-induced
2 *Mycobacterium tuberculosis* loss of viability.

3 **Running title:** NALC/NaOH reduces *Mycobacterium tuberculosis* viability

4 Bariki Mtafya^{a,b}, Wilber Sabiiti^b, Issa Sabi^a, Joseph John^a, Emanuel Sichone^a, Nyanda E.
5 Ntinginya^a and Stephen H. Gillespie^b

6 ^a National Institute for Medical Research - Mbeya Medical Research Centre, Mbeya, Tanzania

7 ^b University of St Andrews, School of Medicine, North Haugh, St Andrews, UK

8

9 **Corresponding author**

10 Professor Stephen H. Gillespie

11 University of St. Andrews, School of Medicine

12 North Haugh, KY16 9TF

13 Email: shg3@st-andrews.ac.uk

14 Tel: +44 1334 461871

15

16

17

18 **Abstract**

19 Effective methods to detect viable *Mycobacterium tuberculosis* (Mtb), the main causative agent
20 of tuberculosis (TB) are urgently needed. To date, cultivation of Mtb is the gold standard which
21 depends on initial sample processing with N-Acetyl-L-Cysteine/Sodium hydroxide (NALC/NaOH),
22 chemicals that compromise Mtb viability and, consequently the performance of downstream
23 tests. We applied culture and the novel Molecular bacterial load assay (MBLA) to measure the
24 loss of Mtb viability following NALC/NaOH treatment of Mtb H37Rv pure culture and clinical
25 sputa from pulmonary TB patients. Compared to untreated controls, NALC/NaOH treatment of
26 Mtb, reduced MBLA detectable bacillary load (estimated colony forming units/milliliter
27 (eCFU/mL) by $0.66 \pm 0.21 \log_{10}$ at 23°C ($P=0.018$) and $0.72 \pm 0.08 \log_{10}$ at 30°C ($P=0.013$). Likewise,
28 NALC/NaOH treatment reduced viable count on solid culture by $0.84 \pm 0.02 \log_{10}$ at 23°C
29 ($P<0.001$) and $0.85 \pm 0.01 \log_{10}$ CFU/mL at 30°C ($P<0.001$) respectively. The reduction in viable
30 count was reflected by a corresponding increase in time to positivity of MGIT liquid culture, 1.2
31 days at 23°C ($P<0.001$), and 1.1 days at 30°C ($P<0.001$). This NaOH-induced Mtb viability loss
32 was replicated in clinical sputum samples, with bacterial load dropping by $0.65 \pm 0.17 \log_{10}$ from
33 $5.36 \pm 0.24 \log_{10}$ to $4.71 \pm 0.16 \log_{10}$ eCFU/mL for untreated and treated sputa respectively.
34 Applying the Bowness et al model, revealed that the treated MGIT time to culture positivity of
35 142hrs was equivalent to $4.86 \pm 0.28 \log_{10}$ CFU, consistent with MBLA-measured bacterial load. Our
36 study confirms the contribution of NALC/NaOH treatment to loss of viable bacterial count. Tests
37 that obviate the need of decontamination may offer alternative option for accurate detection
38 of viable Mtb and treatment response monitoring.

39 **Introduction:**

40 Tuberculosis (TB) is one of the top 10 causes of death worldwide and the leading cause from a
41 single infectious agent (1). In 2017, TB killed 1.7 million people of whom 0.3 million were co-
42 infected with HIV (1). One of the major challenges to control TB is the long duration of
43 treatment, and the fact that appropriate diagnosis and monitoring the progress of treatment
44 require rapid methods that quantify the number of viable *Mycobacterium tuberculosis* (Mtb) in
45 patient samples (2)

46 Currently, diagnosis and treatment monitoring of TB rely on less sensitive sputum smear
47 microscopy, and culture techniques that are compromised by contamination and slow to yield
48 results (3). Despite the low sensitivity and inability to distinguish dead from viable Mtb, sputum
49 smear microscopy remains the most commonly used test for diagnosis and monitoring (4, 5). In
50 2011, the World Health Organization (WHO) rolled out a rapid, sensitive and specific DNA based
51 Xpert MTB/RIF Assay (Cepheid, Sunnyvale, CA, USA) for diagnosis of TB. The Xpert MTB/RIF
52 Assay has since then improved case detection rates of TB but not treatment outcomes (1, 5).
53 DNA is a very stable molecule which take long period to degrade after cell death and thus
54 cannot be used as a marker of viability and monitoring the bactericidal effect of anti-TB therapy
55 (6). DNA positive test in treatment follow up specimens does not necessarily indicate viable
56 bacilli and could be misleading assessment of treatment progress (4, 6–8). Unsuccessful
57 attempts have been made to use the propidium monoazide, a dye which penetrates and
58 inactivates DNA from dead cells so that test like Xpert/MTB RIF Assay can detect viable Mtb and
59 be used for treatment monitoring (9, 10).

60 Cultivation of Mtb is the reference standard for TB diagnosis and treatment monitoring. Before
61 culture, sputum samples must be decontaminated with chemicals to reduce growth of non-acid
62 fast (AFB) bacteria and fungi that would otherwise outgrow the slow growing Mtb. N-Acetyl-L-
63 Cysteine combined with Sodium hydroxide (NALC/NaOH) usually performed for 15-20 minutes is
64 the most recommended method (11, 12). NALC has a mucolytic property, it breaks di-sulfide
65 bonds in sputum, exposing all bacteria to NaOH which kills fast-growing contaminants while
66 maintaining Mtb viability. However, previous clinical studies have shown that, NALC/NaOH
67 treatment reduces viable Mtb count on solid media and increase time to positivity (TTP) in
68 liquid culture (13). Increasing the concentration of NaOH from 1% to 2% in order to eliminate all
69 sputum contaminants resulted in higher rate of negative Mtb culture than the standard
70 concentration of 1%, confirming the detrimental effect of NaOH on Mtb viability (11).

71 Phenotypes of Mtb which do not grow in routine culture media without use of resuscitation
72 promoting factors (rpf) are increasingly being recognized (14, 15). One of the major
73 characteristics of such bacterial phenotypes is that they are dominated with fatty cells which are
74 rich in lipids, acid fast negative and difficult to eradicate with antibiotics (16, 17). It has been
75 shown recently that NALC/NaOH decontamination combined with centrifugation step is
76 associated with 90% loss of *Mycobacterium smegmatis* and that lipid poor cells (LP) are more
77 susceptible to this effect than lipid rich (LR) cells (18). These emerging reports provide
78 important evidence that detection of all sub-populations of Mtb in patient specimens may not
79 be achieved using culture techniques or NALC/NaOH decontamination dependent tests.

80 Molecular bacterial load assay (MBLA) is a molecular test for detection of viable Mtb. It is a
81 quantitative reverse transcriptase polymerase chain reaction (RT-qPCR) that quantifies Mtb load
82 from patient sputum using the 16S ribosomal RNA (16S rRNA) as a reference gene. In contrast to
83 culture, MBLA is rapid, sensitive, specific and does not require a NALC/NaOH decontamination
84 step (7). Unlike mRNA which occurs in low copy number and exquisitely sensitive to
85 degradation, the higher abundance and relative stability of rRNA makes MBLA more sensitive
86 and robust test. The MBLA test was acknowledged recently as a potential biomarker for TB
87 treatment response monitoring replacing culture and smear microscopy and called for more
88 studies to validate the test (1).

89 Previous studies using non-decontaminated sputa showed that MBLA has higher sensitivity
90 than culture (7, 19, 20). In this study we assessed whether like culture, the NALC/NaOH
91 decontamination has effect on viable Mtb count measured by MBLA and if the effect is
92 temperature dependent bearing in mind that temperature of laboratories in tropical areas may
93 be high.

94 **Material and Methods**

95 Laboratory experiments were performed using five replicates of Mtb reference strain (H37Rv
96 ATCC27294) and pooled sputum samples from pulmonary TB patients at NIMR-Mbeya Medical
97 Research Centre (NIMR-MMRC), Tanzania. (Figure 1A and B)

98

99

100 **H37Rv culture**

101 A single colony of Mtb (H37Rv ATCC 27294) from Lowenstein Jensen medium (LJ) was
102 inoculated into Mycobacterial Growth Indicator tubes (BD BACTEC MGIT; Becton, Dickinson and
103 Company MD, USA) supplemented with Oleic acid, Albumin, Dextrose and Catalase (OADC;
104 Oxoid, United Kingdom). The culture was incubated in BACTEC MGIT 960 Culture System
105 (Becton, Dickinson and Company, MD, USA). After fourteen days, the culture was mixed by
106 vortexing, and 100µL was sub-cultured into fresh MGIT cultures, incubated for another
107 fourteen days and then used for the NALC/NaOH decontamination experiment and controls
108 (Figure 1A)

109 **NALC/NaOH decontamination of H37Rv cultures**

110 The 2mL H37Rv culture at a concentration of $\sim 10^7$ CFU/mL were processed with equal volume
111 of NALC/NaOH (1% final concentration of NaOH) at 23°C and 30°C for 20 minutes. For controls,
112 another 2mL culture aliquots were treated with equal volume of phosphate buffer solution
113 (PBS), pH 6.8 instead of NALC/NaOH (Figure 1A). Following exposure to NALC/NaOH at 23°C and
114 30°C, cell pellets were harvested by centrifugation at 3000×g for 20 minutes at 4°C. The pellets
115 were serially diluted (10-fold dilutions) in PBS to determine the limit of detection (LoD) of each
116 method. Each dilution was inoculated in MGIT culture and incubated for 42 days to determine
117 the TTP. Quadruplicates of each dilution was inoculated on solid medium, Middlebrook 7H11
118 (Becton, Dickinson and Company, MD, USA) using the Miles and Misra method (21) and
119 incubated at 37°C for colony count (Figure 1A). The 7H11 medium was supplemented with
120 OADC (Oxoid, United Kingdom) and plates were observed weekly for any growth of Mtb

121 colonies up to 6 weeks. All culture media (7H11 and MGIT) for *in vitro* Mtb experiment were
122 free from selective antibiotics.

123 **Patient sputum sample collection and processing**

124 We nested this study into the EIRMMA-TBT project (Evaluation of Implimentability of Rapid
125 Molecular Monitoring Assay of Tuberculosis Treatment). Sputum samples collected for
126 screening visit were tested for Mtb with Xpert MTB/RIF Assay. Five Mtb positive sputum
127 samples were pooled and homogenized with a sterile magnetic stirrer for 30 minutes at room
128 temperature. Thereafter, 1mL aliquots of pooled sputum (7 replicates) were sampled and
129 processed for MBLA as controls. Second aliquots of 2mL (7 replicates) were decontaminated
130 with NALC/NaOH prior to MBLA and liquid culture (Figure 1B).

131 **Confirmation of Mtb in liquid culture**

132 To confirm Mtb in culture, a rapid culture identification test (MPT64, Becton, Dickinson and
133 Company, MD, USA) was performed following the manufacturer's instructions. Blood agar (BA)
134 were performed to exclude contaminations and for validation of TTP in MGIT culture. A drop of
135 MGIT culture, ~20µL was inoculated on BA and incubated for 48 hours at 37⁰C.

136 **Molecular bacterial load assay (MBLA)**

137 **RNA extraction**

138 Extraction of RNA was performed as previously described (20, 22). Briefly, 100µL of extraction
139 control (Vitalbacteria, SOI group, UK) was added to each tube prior to RNA extraction. The
140 mixture was centrifuged at 3000×g for 30 minutes at room temperature and cell pellets were

141 suspended in 950uL of RNA pro blue solution (MP Biomedicals). Homogenization was
142 performed for 40sec at 6000rpm using FAST prep instrument (MP Biomedicals) and RNA
143 extracted using the FAST RNA pro kit (MP Biomedicals) following the manufacturer's
144 instructions. Removal of the genomic DNA was achieved by DNase treatment for 1hour at 37°C
145 using the Ambion Turbo DNA free kit (Life Technologies).

146 **Reverse transcriptase polymerase chain reaction (RT-PCR)**

147 The RT-PCR was performed in the Rotor-Gene 5plex platform (Corbett research) using the
148 Quantitect multiplex no ROX PCR mix (Qiagen, UK). Sequence specific primers and Taqman dual
149 labelled probes for Mtb 16S rRNA and for extraction control (EC) target were procured from
150 MWG Eurofins, Germany. Master mix preparation, PCR test conditions and amplification were
151 set and performed as previously demonstrated (19, 20, 22). Sensitivity and specificity of primers
152 and probes of MBLA were previously tested against non-tuberculosis mycobacteria including a
153 wide range of respiratory pathogens and none of them was found to be amplified (19)

154 **Statistical methods**

155 Bacterial load estimated CFU/ml (eCFU/mL) by MBLA and actual CFU/mL count on solid media
156 were normalized by log transformation. Then after, average, standard deviation (SD) and
157 percentage positivity (%) for controls and NALC/NaOH treated cultures for each test were
158 calculated using Microsoft excel (version 1810). Two-way analysis of variance (ANOVA) and
159 then Sidak's multiple comparisons test were performed using GraphPad prism version 7.04
160 (GraphPad Software, La Jolla, CA 92037 USA) to determine the difference in Mtb viability loss
161 among NALC/NaOH treated cultures versus controls and different temperatures of treatment.

162 Independent t test was used to estimate the difference of Mtb bacterial load measured by
163 MBLA between untreated and treated sputum. The MGIT-TTP from sputum culture were
164 converted to CFU as previously published (23). Statistical significance was accepted at $P < 0.05$.

165 **Ethical approval**

166 The EIRMMA-TBT study for which this analysis was nested, received approval from the Mbeya
167 Medical Research Ethics Committee (MRH/R.10/18VOLL.VII/12), the National Health Research
168 Ethics Committee (NathREC) of the National Institute for Medical Research in Tanzania,
169 (NIMR/HQ/R.8a/V01.IX) and the University of St Andrews Teaching and Research Ethics
170 Committee (MD 12678)

171 **Results**

172 A total of five experimental repeats using five Mtb H37Rv cultures were performed between
173 April 2017 to December 2018 (Figure 1A). For clinical sputum samples, 22 mL of sputum was
174 obtained after pooling five sputum samples from pulmonary TB patients. From the pooled
175 sample, 21 one millilitre aliquots were made of which 7 untreated aliquots (controls) were
176 MBLA tested (7x1mL each) and the remaining 14 were treated with NALC/NaOH (7x2mL each).
177 Seven of the NALC/NaOH treated aliquots were tested by MBLA, MGIT liquid culture and
178 indirect smear microscopy (Figure 1B).

179 **Bacterial load estimated by MBLA:** The average bacterial load (\pm SD) of untreated culture was
180 $7.79 \pm 0.37 \log_{10}$ and $7.74 \pm 0.041 \log_{10}$ eCFU/mL at 23°C and 30°C respectively. In contrast the
181 bacterial load of the NALC/NaOH treated cultures was $7.23 \pm 0.15 \log_{10}$ at 23°C and

182 $7.15 \pm 0.16 \log_{10}^-$ at 30°C . Consequently, the NALC/NaOH treatment caused a viable bacterial
183 load count reduction by $0.66 \pm 0.21 \log_{10}^-$ at 23°C ($P=0.0178$) and $0.72 \pm 0.08 \log_{10}^-$ at 30°C
184 ($P=0.0134$) compared to controls in PBS (Figure 2A). This reduction was equivalent to 78.42% at
185 23°C and 80.34% at 30°C respectively.

186 **Bacterial load by colony counts on solid media:** Colony count of untreated culture (average \pm
187 SD) was $5.98 \pm 0.13 \log_{10}^-$ and $5.95 \pm 0.26 \log_{10}^-$ CFU/mL at 23°C and 30°C respectively. In contrast,
188 colony count of the NALC/NaOH treated culture was $5.07 \pm 0.19 \log_{10}^-$ CFU/mL at 23°C and
189 $5.04 \pm 0.23 \log_{10}^-$ CFU/mL at 30°C . Compared to the untreated culture, NALC/NaOH treatment
190 reduced colony count by $0.84 \pm 0.02 \log_{10}^-$ at 23°C ($P<0.001$) and $0.85 \pm 0.01 \log_{10}^-$ CFU/ml at 30°C
191 ($P<0.001$) (Figure 2B).

192 **Time to positivity (TTP) in MGIT liquid culture:** The median TTP (range) of untreated MGIT
193 culture was 3.0 (2.2-3.4)- and 3.1 (2.1-3.3)- days compared to 4.2 (3.7-4.4)- and 4.2 (3.9-4.3)-
194 days of the NALC/NaOH treated culture at 23°C and 30°C respectively. NALC/NaOH treatment
195 increased TTP by 1.2 days ($P<0.001$) at 23°C and 1.1 days ($P<0.001$) at 30°C . The effect was
196 independent of PBS and temperature of treatment ($P>0.05$)

197 **Assay positivity and limit of detection (LoD).** The lowest bacterial load estimated by MBLA was
198 84 eCFU/mL (20% positivity) and 840 eCFU/mL (100% positivity) at 23°C , 8 eCFU/mL (20%
199 positivity) and 84 eCFU/mL (20% positivity) at 30°C respectively for untreated and treated
200 cultures (Figure 3A). On solid culture, the LoD was 84 CFU/mL (20% positivity) for untreated
201 controls and increased to 840 CFU/mL (60% positivity) at 23°C and (40% positivity) at 30°C after
202 NALC/NaOH treatment (Figure 3B). The LoD of MGIT culture for untreated controls was 8

203 eCFU/mL (20% positivity) and 84 CFU/mL (20% positivity) at 23°C and 30°C respectively, which
204 increased to ≥ 840 CFU/mL after NALC/NaOH treatment (Figure 3C).

205 **Bacterial load estimated by MBLA on sputum samples**

206 The average BL (\pm SD) of untreated fresh sputum was $5.36 \pm 0.24 \log_{10}$ - eCFU/mL and declined to
207 $4.71 \pm 0.16 \log_{10}$ - eCFU/mL after NALC/NaOH decontamination. The decline was $0.65 \pm 0.17 \log_{10}$ -
208 eCFU/mL, equivalent to 78.74% loss of Mtb viability (Figure 4).

209 **Comparison of MGIT with MBLA for Mtb detection after NALC/NaOH treatment of sputum**

210 All the NALC/NaOH treated sputum aliquots yielded a positive MGIT culture result for Mtb,
211 which was confirmed with MPT64 Ag test. True time to culture positivity (no contamination)
212 was confirmed by negative result on blood agar. The average TTP of the 7 cultures was
213 142 ± 7.02 hrs (5.97 ± 0.29 days). Using the Bowness et al TTP to CFU conversion model (23), we
214 found the average TTP was equivalent to $4.86 \pm 0.28 \log_{10}$ CFU consistent with $4.71 \pm 0.16 \log_{10}$
215 eCFU/mL measured by MBLA same of treated sputum. The higher the TTP the lower the CFU, a
216 relationship replicated by TTP and MBLA-measured bacterial load (Table 1).

217 **Discussion**

218 Rapid, sensitive and specific test with ability to discriminate viable from dead Mtb cells are
219 crucial for accurate diagnosis and monitoring of TB treatment. To date, the contamination
220 sensitive culture-based methods remain the reference standard for Mtb viability detection and
221 treatment monitoring (1). The NALC/NaOH decontamination step performed before sputum
222 culture has negative effect on viable Mtb and compromises the final culture results (24, 25). In

223 this study, we evaluated how NALC/NaOH decontamination process affects viable Mtb bacterial
224 load count quantified by MBLA compared to culture methods in order to explore the benefits of
225 this decontamination step free test.

226 Our findings concur with previous studies that have implicated NALC/NaOH treatment as cause
227 of viable Mtb loss (11, 13). We show that this loss compromises the LoD of both culture and the
228 MBLA. While previous studies used only culture to measure the NALC/NaOH-induced Mtb
229 viability loss, our study has deployed the novel MBLA test to verify and confirm these findings.
230 We demonstrate that NALC/NaOH treatment reduces viable Mtb by $0.66 \pm 0.21 \log_{10}$ -eCFU/mL in
231 pure cultures and $0.65 \pm 0.17 \log_{10}$ - eCFU/mL in patient sputa. The reduction is consistently less
232 than 1 log in both matrix types, which are understandably different in thickness, viscosity and
233 sedimentation rate. Since 1% NaOH was used in both treatments, we hypothesise that the rate
234 of loss is NaOH concentration dependent and independent of matrix type. Whereas this degree
235 of loss is less likely to have negative impact on the test positivity of high TB burden patients, it
236 may increase the likelihood of false negative test results for low burden patients.

237 In addition, our result concur with the most recent *in vitro* work showing that NALC/NaOH
238 decontamination is associated with 90% loss of *M. smegmatis* in culture (18). With MBLA test
239 we observed Mtb viability loss of 78.42% and 80.34% in the *in vitro* Mtb experiments at 23⁰C
240 and 30⁰C respectively, compared to 78.74% loss in real patient sputum samples at 23⁰C. It is of
241 note that, culture based estimates of Mtb viability may fail to detect viable but non-culturable
242 bacteria (15).

243 The effect of non-culturable Mtb bacilli on culture positivity is more pronounced in solid than
244 liquid culture (23, 26). Our study recapitulates this, showing that compared to solid culture,
245 MBLA detected $2\log_{10}$ -eCFU/mL more in the control samples and $1.5\log_{10}$ -eCFU/mL more in
246 the NALC/NaOH treated Mtb cultures (Figure 2A and B). Counts by solid culture are further
247 complicated by the tendency of Mtb to clump which means each visible colony may not
248 represent one cell, resulting in underestimation of the total viable bacteria count present in
249 clinical samples (13). Therefore, decontamination step for solid culture increases the difficulty
250 of interpreting result of viable counting by culture. By using MBLA, we were able to estimate
251 the effect of NALC/NaOH-based decontamination on total viable Mtb count reflecting both
252 culturable and non-culturable bacilli.

253 Unlike solid culture, the LoD of MGIT culture was consistent to that of MBLA, detecting as low
254 as 8- and 840- eCFU/mL in untreated and treated Mtb cultures respectively (Figure 3A and C).
255 Likewise, all sputum aliquots were Mtb positive by MGIT and MBLA after NALC/NaOH
256 treatment and was no difference on MBLA \log_{10} eCFU/mL and \log_{10} CFU of the converted MGIT-
257 TTP (Table 1). It is important to note that MGIT culture requires days or weeks to detect similar
258 bacterial load that MBLA would detect and quantify within a matter of hours. Time to result for
259 MBLA is independent of the amount of bacterial load and is not affected by contamination (7).
260 However, in very low burden samples, it is possible for MGIT culture to yield a positive result as
261 it depends on multiplication of Mtb cells over time rather than MBLA, which quantifies bacteria
262 present in the sample at the time of RNA extraction.

263 Culture contamination rates are unacceptably high in tropical settings (27–30). We thus
264 hypothesised that the high tropical temperatures in the range of 30⁰C compromises activity of
265 NALC/NaOH, leading to high growth of contaminants. However, we found no difference in Mtb
266 viability loss for NALC/NaOH decontamination of Mtb cultures at 30⁰C and 23⁰C (Figure 2). This
267 result suggests the same activity of NALC/NaOH at 23⁰C and 30⁰C and highlights the possibility
268 that contamination of TB culture may not be related to the inefficiency of NALC/NaOH. It is
269 possible that in absence of cold chain during transport of samples and storage, higher
270 temperature environment may support growth of fast-growing contaminants to a
271 concentration which may not be eliminated by NALC/NaOH (25, 31).

272 We note that NALC/NaOH treatment is not the only cause of Mtb viable count loss. Processes
273 such as homogenisation and centrifugation have been implicated as causes of viable count loss
274 (18). By applying similar dilution, homogenisation and centrifugation processes to untreated
275 and treated samples, we normalised any viable count loss that would occur due to these factors
276 across the two arms.

277 The limitation of our study is that experiments were performed using pure cultures and pooled
278 clinical sputum samples with relatively high bacterial load. Therefore, we were not able to show
279 the impact of NALC/NaOH-induced reduction of viable Mtb count in low burden samples.
280 Pooled sputum sample from 5 patients is not large enough to represent the diversity of Mtb
281 strains to confirm that indeed NALC/NaOH-induced loss of viable count in pure culture is the
282 same as in clinical sputum samples. Furthermore, selective antibiotics which may reduce viable
283 Mtb were not included in culture media for *in vitro* experiments but were included in MGIT

284 culture of clinical sputum aliquots. Addition of antibiotics may provide different results in
285 culture (19). Nevertheless, our *in vitro* study design provided an opportunity to investigate the
286 impact of NALC/NaOH on its own in absence of other stress like antibiotics and the use of pure
287 culture was crucial to have untreated controls free of contaminants that would otherwise
288 compromise our results (31).

289 Future studies will explore the impact of NALC/NaOH treatment in a variety of sputum samples
290 from patients with different levels of TB burden to verify impact on test results of low burden
291 patients. We will also attempt to distinguish the viable count loss caused by chemical treatment
292 from that stemming from centrifugation. Going forward, tests like MBLA which obviate the
293 need for NALC/NaOH decontamination step could be potential alternative to culture detection
294 of viable Mtb and for monitoring ant-tuberculosis treatment response.

295 **Transparency and declaration**

296 No conflict of interest to declare

297 **Acknowledgment**

298 This work was supported by the commonwealth studentship award for Bariki Mtafya at
299 University of St Andrews in UK and European and Developing Countries Clinical Trials
300 Partnership (EDCTP) through TWENDE and PanACEA II grants.

301

302 **References**

- 303 1. World Health Organization.2018. Global Tuberculosis Report. Geneva, Switzerland.
- 304 2. Mdivani N, Li H, Akhalaia M, Gegia M, Goginashvili L, Kernodle DS, Khechinashvili G, Tang
305 YW. 2009. Monitoring therapeutic efficacy by real-time detection of Mycobacterium
306 tuberculosis mRNA in sputum. Clin Chem 55:1694–1700.
- 307 3. Forbes BA, Hall GS, Miller MB, Novak SM, Rowlinson M, Salfinger M, Somoskövi A,
308 Warshauer DM, Wilson L. 2018. Practice Guidelines for Clinical Microbiology
309 Laboratories : Mycobacteria. Clin Microbiol Rev 31:1–66.
- 310 4. Thomsen VØ, Kok-jensen A, Philippi-schulz S, Burkardt H, Buser M. 1999. Monitoring
311 Treatment of Patients with Pulmonary Tuberculosis : Can PCR Be Applied ? 37:3601–
312 3607.
- 313 5. Ryu YJ. 2015. Diagnosis of pulmonary tuberculosis: Recent advances and diagnostic
314 algorithms. Tuberc Respir Dis (Seoul) 78:64–71.
- 315 6. Friedrich SO, Rachow A, Saathoff E, Singh K, Mangu CD, Dawson R, Phillips PPJ, Venter A,
316 Bateson A, Boehme CC, Heinrich N, Hunt RD, Boeree MJ, Zumla A, McHugh TD, Gillespie
317 SH, Diacon AH, Hoelscher M. 2013. Assessment of the sensitivity and specificity of Xpert
318 MTB/RIF assay as an early sputum biomarker of response to tuberculosis treatment.
319 Lancet Respir Med 1:462–470.
- 320 7. Sabiiti W, Mtafya B, Kuchaka D, Azam K, Viegas S, Mdolo A, Farmer ECW, Khonga M,
321 Evangelopoulos D, Honeyborne I, Rachow A, Heinrich N, Ntinginya NE, Bhatt N, Davies

- 322 GR, Jani IV, McHugh TD, Kibiki G, Hoelscher M, Gillespie SH. 2016. Optimising molecular
323 diagnostic capacity for effective control of tuberculosis in high-burden settings. *Int J*
324 *Tuberc Lung Dis* 20.
- 325 8. Pai SR, Actor JK, Sepulveda E, Hunter RL, Jagannath C. 2000. Identification of viable and
326 non-viable *Mycobacterium tuberculosis* in mouse organs by directed RT-PCR for antigen
327 85B mRNA. *Microb Pathog* 28:335–342.
- 328 9. Nikolayevskyy V, Miotto P, Pimkina E, Balabanova Y, Kontsevaya I, Ignatyeva O, Ambrosi
329 A, Skenders G, Ambrozaitis A, Kovalyov A, Sadykhova A, Simak T, Kritsky A, Mironova S,
330 Tikhonova O, Dubrovskaya Y, Rodionova Y, Cirillo D, Drobniowski F. 2015. Utility of
331 propidium monoazide viability assay as a biomarker for a tuberculosis disease.
332 *Tuberculosis* 95:179–185.
- 333 10. Kayigire XA, Friedrich SO, Karinja MN, Merwe L Van Der, Martinson NA, Diacon AH. 2016.
334 Propidium monoazide and Xpert MTB / RIF to quantify *Mycobacterium tuberculosis* cells.
335 *Tuberculosis* 101:79–84.
- 336 11. Peres RL, Maciel ELN, Morais CG, Ribeiro FCK, Vinhas SA, Pinheiro C, Dietze R, Johnson JL,
337 Eisenach K, Palaci M. 2009. Comparison of two concentrations of NALC-NaOH for
338 decontamination of sputum for mycobacterial culture. *Int J Tuberc Lung Dis* 13:1572–
339 1575.
- 340 12. Ratnam S, Stead FA, Howes M. 1987. Simplified Acetylcysteine-Alkali Digestion-
341 Decontamination Procedure for Isolation of *Mycobacteria* from Clinical Specimens. *J Clin*

- 342 Microbiol 25:1428–1432.
- 343 13. Pheiffer C, Carroll NM, Beyers N, Donald P, Duncan K, Uys P, Van Helden P. 2008. Time to
344 detection of Mycobacterium tuberculosis in BACTEC systems as a viable alternative to
345 colony counting. *Int J Tuberc Lung Dis* 12:792–798.
- 346 14. Mukamolova G V., Turapov O, Malkin J, Woltmann G, Barer MR. 2010. Resuscitation-
347 promoting factors reveal an occult population of tubercle bacilli in sputum. *Am J Respir*
348 *Crit Care Med* 181:174–180.
- 349 15. Chengalroyen MD, Beukes GM, Gordhan BG, Streicher EM, Churchyard G, Hafner R,
350 Warren R, Otwombe K, Martinson N, Kana BD. 2016. Detection and quantification of
351 differentially culturable tubercle bacteria in sputum from patients with tuberculosis. *Am*
352 *J Respir Crit Care Med* 194:1532–1540.
- 353 16. Hammond RJH, Baron VO, Oravcova K, Lipworth S, Gillespie SH. 2015. Phenotypic
354 resistance in mycobacteria: Is it because I am old or fat that I resist you? *J Antimicrob*
355 *Chemother* 70:2823–2827.
- 356 17. Sloan DJ, Mwandumba HC, Garton NJ, Khoo SH, Butterworth AE, Allain TJ, Heyderman
357 RS, Corbett EL, Barer MR, Davies GR. 2015. Pharmacodynamic modeling of bacillary
358 elimination rates and detection of bacterial lipid bodies in sputum to predict and
359 understand outcomes in treatment of pulmonary tuberculosis. *Clin Infect Dis* 61:1–8.
- 360 18. Kennedy JA, Baron VO, Hammond RJH, Sloan DJ, Gillespie SH. 2018. Centrifugation and
361 decontamination procedures selectively impair recovery of important populations in

- 362 Mycobacterium smegmatis. Tuberculosis 112:79–82.
- 363 19. Honeyborne I, McHugh TD, Phillips PPJ, Bannoo S, Bateson A, Carroll N, Perrin FM,
364 Ronacher K, Wright L, Van Helden PD, Walzl G, Gillespie SH. 2011. Molecular bacterial
365 load assay, a culture-free biomarker for rapid and accurate quantification of sputum
366 Mycobacterium tuberculosis bacillary load during treatment. J Clin Microbiol 49:3905–
367 3911.
- 368 20. Honeyborne I, Mtafya B, Phillips PPJ, Hoelscher M, Ntinginya EN, Kohlenberg A, Rachow
369 A, Rojas-Ponce G, McHugh TD, Heinrich N. 2014. The molecular bacterial load assay
370 replaces solid culture for measuring early bactericidal response to antituberculosis
371 treatment. J Clin Microbiol 52:3064–3067.
- 372 21. Miles AA, Misra SS, Irwin JO. 1938. The estimation of the bactericidal power of the blood.
373 J Hyg (Lond) 38:732–749.
- 374 22. Sabiiti W, Azam K, Esmeraldo E, Bhatt N, Rachow A, Gillespie SH, Andrews S, Munich PS.
375 2019. Heat-inactivation renders sputum safe and preserves Mycobacterium tuberculosis
376 RNA for downstream molecular tests. J Clin Microbiol 44:1–24.
- 377 23. Bowness R, Boeree MJ, Aarnoutse R, Dawson R, Diacon A, Mangu C, Heinrich N,
378 Ntinginya NE, Kohlenberg A, Mtafya B, Phillips PPJ, Rachow A, Plemper van balen G,
379 Gillespie SH. 2015. The relationship between mycobacterium tuberculosis mgit time to
380 positivity and cfu in sputum samples demonstrates changing bacterial phenotypes
381 potentially reflecting the impact of chemotherapy on critical sub-populations. J

- 382 Antimicrob Chemother 70:448–455.
- 383 24. Horne DJ, Royce SE, Gooze L, Narita M, Hopewell PC, Nahid P, Steingart KR. 2010.
384 Sputum monitoring during tuberculosis treatment for predicting outcome: systematic
385 review and meta-analysis. Lancet Infect Dis 10:387–394.
- 386 25. Parsons LM, Somoskovi A, Gutierrez C, Lee E, Paramasivan CN, Abimiku A, Spector S,
387 Roscigno G, Nkengasong J. 2011. Laboratory diagnosis of tuberculosis in resource-poor
388 Countries: Challenges and opportunities. Clin Microbiol Rev 24:314–350.
- 389 26. Saito K, Warriar T, Somersan-Karakaya S, Kaminski L, Mi J, Jiang X, Park S, Shigyo K, Gold
390 B, Roberts J, Weber E, Jacobs WR, Nathan CF. 2017. Rifamycin action on RNA polymerase
391 in antibiotic-tolerant *Mycobacterium tuberculosis* results in differentially detectable
392 populations. Proc Natl Acad Sci 114:E4832–E4840.
- 393 27. Rojas-Ponce G, Rachow A, Guerra H, Mapamba D, Joseph J, Mlundi R, Marimoto S,
394 Ntinginya NE, Mangu C, Framhein A, Butler A, Kohlenberg A, Ngatemelela D, Froeschl G,
395 Maboko L, Hoelscher M, Heinrich N. 2013. A continuously monitored colorimetric
396 method for detection of Mycobacterium tuberculosis complex in sputum. Int J Tuberc
397 Lung Dis 17:1607–1612.
- 398 28. Chihota VN, Grant AD, Fielding K, Ndibongo B, Van Zyl A, Muirhead D, Churchyard GJ.
399 2010. Liquid vs. solid culture for tuberculosis: Performance and cost in a resource-
400 constrained setting. Int J Tuberc Lung Dis 14:1024–1031.
- 401 29. Muyoyeta M, Schaap JA, Haas P De, Mwanza W, Muvwimi MW, Ayles H. 2009.

- 402 Comparison of four culture systems for Mycobacterium tuberculosis in the Zambian
403 National Reference Laboratory 13:460–465.
- 404 30. Otu J, Antonio M, Cheung YB, Donkor S, Jong BC De, Corrah T, Adegbola RA. 2008.
405 Original Article Comparative evaluation of BACTEC MGIT 960 with BACTEC 9000 MB and
406 LJ for isolation of mycobacteria in The Gambia. J Infect Dev Ctries 2.
- 407 31. Mcclean M, Stanley T, Stanley S, Maeda Y, Goldsmith CE, Shepherd R, Millar BC, Dooley
408 JSG, Moore JE, Moore JE. 2011. Identification and characterization of breakthrough
409 contaminants associated with the conventional isolation of Mycobacterium tuberculosis.
410 J Med Microbiol 1292–1298.

411

412 **FIGURE LEGENDS**

413 **FIGURE 1. Flow diagram of laboratory experiments, conditions and downstream tests**
414 **performed for Mtb cultures and sputum specimens.** (A) *In vitro* Mtb experimental procedure
415 employed for each decontaminated culture (B) Experimental flow of pooled patient sputum
416 specimens. Note; 5 biological replicates of experiments were performed for *in vitro* Mtb cultures
417 (1-5) and 7 replicates of sputum aliquots.

418 **FIGURE 2. NALC/NaOH decontamination reduces viable Mtb measured by MBLA and Solid**
419 **media.** (A) Mtb eCFU/mL reduction measured by MBLA and (B) CFU/mL reduction on
420 Middlebrook (7H11) at 23⁰ C and 30⁰ C respectively. Error bars represent mean value with

421 standard error of the mean (SEM) (N=5 independent biological replicates on different Mtb
422 cultures).

423 **FIGURE 3. NALC/NaOH decontamination compromise test positivity and detection limit.** (A)
424 Effect on MBLA positivity, (B) positivity of solid media (Middlebrook 7H11) and (C) positivity of
425 MGIT liquid culture. (N=5 independent biological replicates on different Mtb cultures).

426 **FIGURE 4: NALC/NaOH decontamination of sputum reduces viable Mtb measured by MBLA.**
427 Independent t-test, $P < 0.0001$ between fresh sputum and treated pellet. Each dot represents
428 value of each sputum aliquot (N=7 aliquots)

429 **Table 1: MGIT-CFU matches with MBLA after NALC/NaOH decontamination.** MBLA of
430 untreated sputum is a reference control to indicate the effect on NALC/NaOH treatment.
431 Independent t test ($P=0.24$), between MGIT-CFU and MBLA of treated pellet and ($P < 0.01$),
432 between MGIT-CFU with MBLA of untreated sputum. (N= 7 replicates of sputum aliquots tested.
433 SD; standard deviation)

434

435

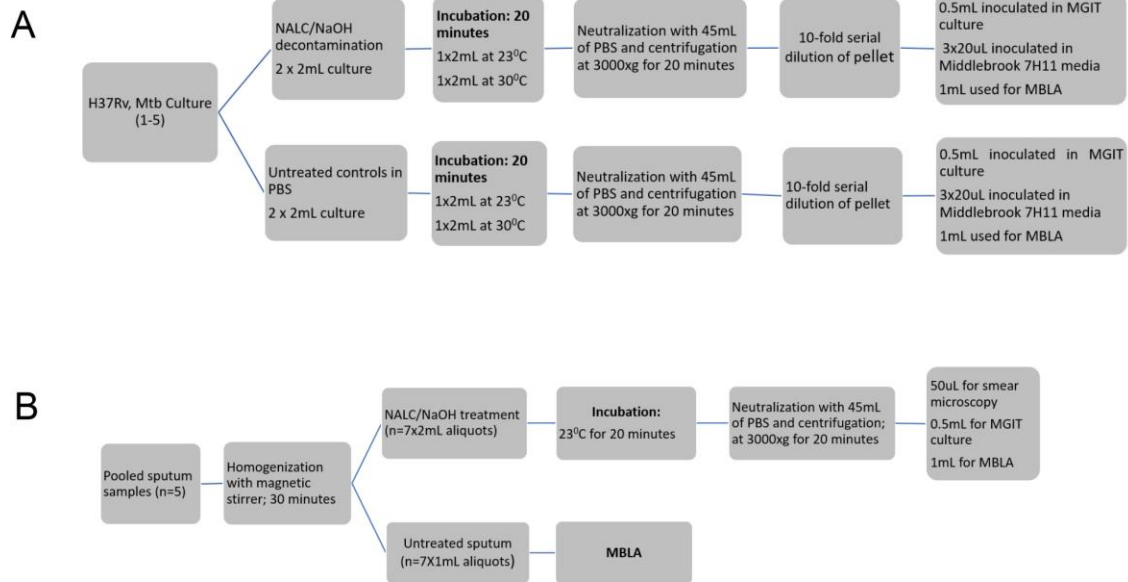
436

437

438

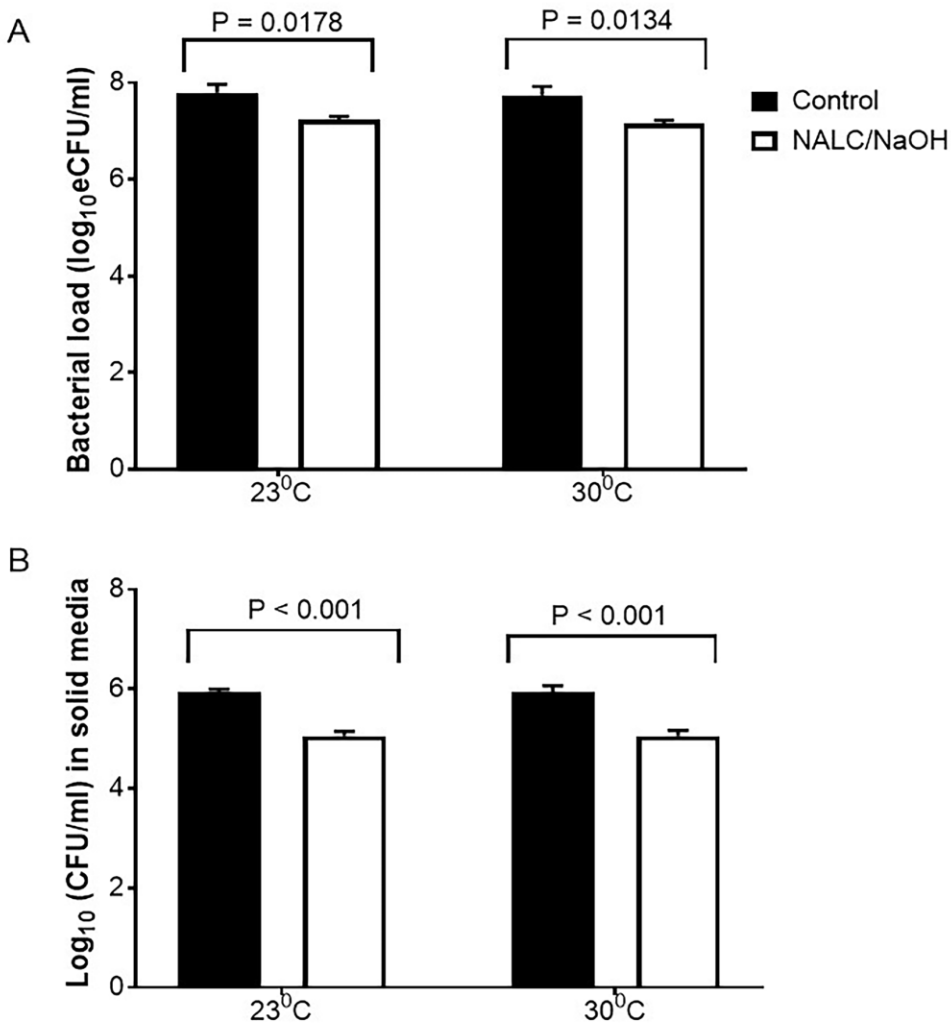
439

440 **Figures and Tables**

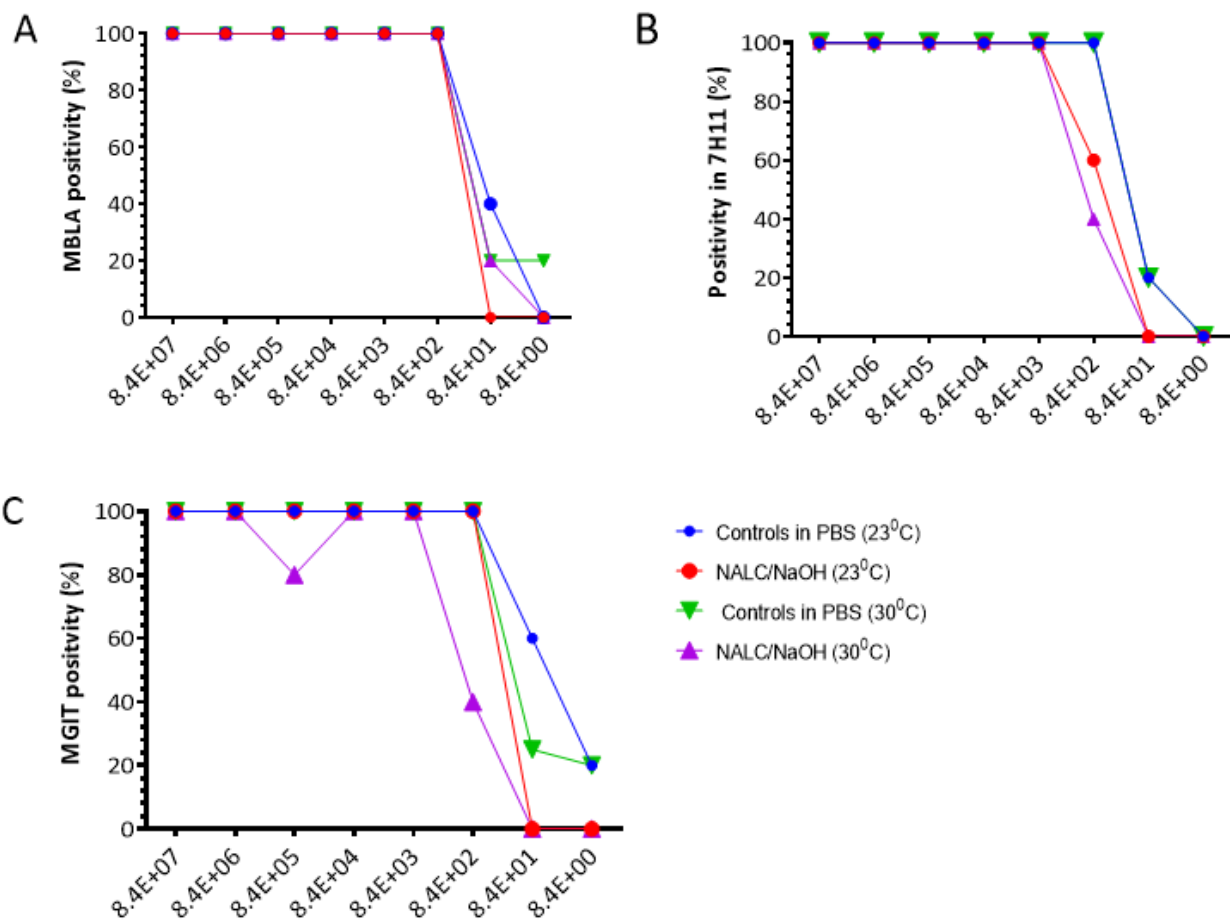


441 **Figure 1**

442
443
444
445
446
447
448
449
450
451
452



455 **Figure 2**



461

462 **Figure 3**

463

464

465

466

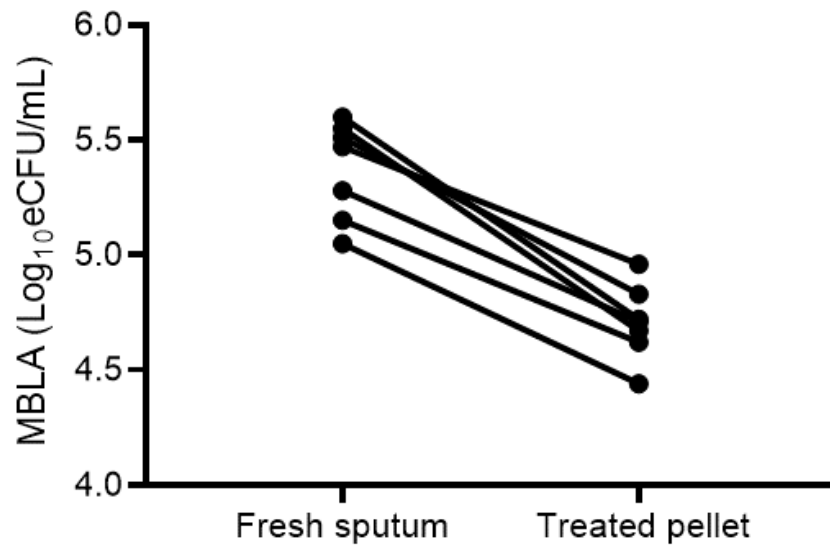
467

468

469

470

471



472

473 **Figure 4**

474

	MBLA of untreated sputum	MBLA of the treated pellet	MGIT culture of the treated pellet	
Sputum aliquot	Log ₁₀ (eCFU/mL)	Log ₁₀ eCFU/mL	TTP (hours)	Log ₁₀ CFU (after TTP conversion)
1	5.47	4.96	135	5.14
2	5.55	4.67	145	4.74
3	5.28	4.71	138	5.02
4	5.51	4.83	145	4.74
5	5.60	4.72	149	4.58
6	4.94	4.44	132	5.26
7	5.15	4.62	150	4.54
AVERAGE	5.36	4.71	142	4.86
SD	0.24	0.16	7.02	0.28

475 **Table 1**

476

477