

Kiniiniyada la siiyo infagshanka Tiibijada Daahsoon

Macluumaadka Caafimaadka Bulshada

Baarisyadu waxay muujiyeen inay kugu dhacday tiibijo mar ka mid ah nolashaada. Jeermiska tiibijada (TB) waa kuwo aan firfircoonayn, dhex-jiifa ama ku daahsoon jirkaaga. Madaama ay jeermiska TB ay hadda jiifaan, wax dhibaatooyin ah kuuma keenayaan, adiguna dadka kale ma qaadiin kartid. Hase ahaatee, waxaa jira fursad yar inay jeermiskan noqdaan kuwo firfircoon marxaladaha qaarkood.

Markii jeermiska TB noqdo mid firfircoon, waxay keenaan astaamaha sida qufaca joogta ah (badanaa qaata in ka badan 3 toddobaad), mararka qaarkood wata phlegm dhiig leh, xumad, dhidid, luminta rabitaanka cuntada, daal ama hoos-u-dhaca miisaanka.

Waxaa lagula taliyey inaad bilowdo kuurada daawada ee Infagshanka Tiibijada Daahsoon. Badanaa antibiyootiga guud ahaan la isticmaalo waxaa loo yaqaan ISONIAZID, qaadashada daawadaasna waxay yaraysaa fursadda in jeermiska jiifa (daahsoon) inuu tooso uuna nolashaada mustaqbalka u keeno dhibaatooyin caafimaad darro.

Ogsoonow: Haddii aad qabto TB Daahsoon (Jiifta):

- Ma qabtid tiibijada firfircoon
- Ma xanuusanid ama wax ma qaadiinaysid.
- Uma gudbin kartid jeermiska cid kale.

In kastoo aadan xanuunsanayn waxaad u baahan tahay inaad qaadato kiniiniyadaada **maalin** kasta **6-9** bilood. Haddii aad gefto maalmo badan, daawadu ma shaqaynayso kamana ilaalsanid in TB firfircoon kugu bilaabanto.

Waxaa muhiim ah in la sii wado daaweynta ilaa waqtiga uu ku taliyey dhaqtarkaagu si loo hubiyo in si fiican lagaaga daaweeyey.

Mar kasta hubi inaad haysato kiniiniyo kugu filan. Daawadu waa mid lacag la'aan ah. Waa inaad hubisaa inaad ilaaliso ballamahaaga kilinikada, si mar kasta lagu siiyo kiniiniyadaada.

Haddii aad ku qabto wax dhibaatooyin ah ee saamaynta aan lagu talagalin (side effects) waxaa muhiim ah inaad la socdsiiso dhaqtarkaaga. Caadi uma ahan daawada isoniazid inay xanuun kuu keento ama "saamaynta aan lagu talagalin" (side effects). Hase ahaatee, haddii ay taas dhacdo, oo DHIF ah, laakiin ah saamaynta aan lagu talagalin oo aad u daran sida bararka kiimikada ah ee beerka. Taas waxay keeni kartaa MID ka mid ah kuwa soo socda: luminta rabitaanka cuntada, majiirka xundhurta ama xanuun, dareenka inaad matagi rabto, kaadida oo madoobaata (sida shaaha riniga khafiifka ah), ama midabka caddaanka indhaha oo isku baddala huruud. Haddii ay taas dhacdo waa inaad joojisaa qaadashada kiniiniyadaada aadna si degdeg ah ula xiriirtaa dhaqtarka.

Waa inaad kaloo la xiriirtaa dhaqtarkaaga aadna joojisaa qaadashada kiniiniyadaada haddii uu kugu dhaco firiiraca guud (oo wata xumad ama aan wadan), ama haddii ay kugu dhacaan kabuubyo ama jiriirico/huridda calaalahaaga ama cagahaaga.

Dhaqtarkaagu wuxuu kaloo amri karaa baarisyo dhiig oo waqti kala duwan ah. Waa inaad iska ilaalisaa cabbitaanka khamriga isla markii aad qaadnaysid kiniiniyadan, maaddaama isugaynta khamriga iyo isoniazid uu si weyn u kordhiyo halista cudurka beerka oo nolasha khatar galinaya.

Siyaabaha qaarkood oo kugu caawin kara inaad xusuusato inaad qaadato daawooyinkaaga:

- Dhigo kiniiniyada meel aad maalin kasta ka arki kartid, laakiin ah meel aysan carruurto gaari karin kana qarsoon cadceedda.
- Weydii wadeyga, qaraabada ama saaxiibka inuu maalin kasta ku xusuusiyo.
- Adeegso dosette ma sanduuqa xusuusiyaha kiniiniga, kuwaas oo laga helo farmashiga.
- Qaado kiniiniyada isla waqti maalin kasta, tusaale ahaan, ka-hor quraacda, ka-hor seexashada ama markii aad cadayanayso.
- Gasho xusuusiye ama alaam moobaylkaaga.
- Note ka samayso wixii dhoosas ah oo aad gefto una sheeg arintaas dhaqtarkaaga booqashadaada soo socota.

Hakala jebin dhooska kiniiniga: wadajir u qaado kiniiniyada oo dhan isla hal mar.

Haddii aad ilowdo inaad qaadato daawadaada waqtigii caadiga ahaa, u qaado si dhaqso ah markaad xusuusato, halkaasna ka sii wad maalinta xigta sidii caadiga ahayd. Haddii aad ilowdo inaad qaadato kiniiniyadaada maalinta oo dhan, qaado dhooskaagii caadiga ahaa maalinta xigta, ha qaadan dhooskii oo laba jibaaran (double dose).

Xusuusnow:

- Uma gudbin kartid infagshanka dadka kale.
- Waa inaad qaadataa kiniiniyadaada **maalin kasta**.
- Qaadashada kuurada kiniiniyada ah waxay yarayn doontaa halista in jeermiska TB noqdo mid firfircoon aadna u xanuunsato TB.
- Waxaad ku mari doontaa baarisyo joogto ah kilinikada takhasuslaha ee isbitaalka.

Wixii macluumaad dheeraad ah kala xiriir Qaybta Ka-hortagga TB taleefanka. (03) 9096 5144 ama kilinikada isbitaalkaaga

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Tablets for latent Tuberculosis infection

Public health information

Tests showed that you have been infected with tuberculosis at some time in your life. The tuberculosis (TB) germs are inactive, sleeping or dormant in your body. As these TB germs are currently asleep, they are not causing any problems, and you are not infectious to other people. However, there is a small chance that these germs could become active at some stage. When TB germs become active, they cause symptoms such as persistent cough (often lasting longer than 3 weeks), sometimes bloodstained phlegm, fever, sweats, loss of appetite, tiredness or weight loss.

You have been advised to start a course of treatment for Latent Tuberculosis Infection. The most commonly used antibiotic is called ISONIAZID, and taking this medicine reduces the chance of the sleeping (latent) TB germs waking up and causing health problems in your future life.

Note: If you have latent (sleeping) TB -

- You do not have active tuberculosis
- You are not sick or infectious.
- You cannot spread the germs to anyone else.

Even though you are not sick you need to take your tablets **daily** for **6-9** months. If you miss too many days, the medicine might not work and you won't be protected from developing active TB.

It is important to continue the treatment for the entire time recommended by your doctor to make sure that you are treated adequately.

Make sure you always have enough tablets. The medication is free of charge. Make sure you keep your clinic appointments, so that you are always supplied with your tablets

If you have any problems with side effects it is important to let your doctor know. It is uncommon for isoniazid to make you feel unwell or cause "side-effects". However, if this happens, a RARE, but serious side effect is a chemical inflammation of the liver. This may cause ANY of the following: loss of appetite, abdominal discomfort or pain, a feeling of wanting to vomit, dark urine (like weak black tea), or a change in colour of the whites of the eyes to a yellow tinge. If this occurs you should stop taking the tablets and contact the doctor immediately.

You should also contact your doctor and stop taking your tablets if you develop a generalised rash (with

or without a fever), or if you experience numbness or tingling/burning in your hands and/or your feet.

Your doctor may also order blood tests from time to time. You should avoid drinking alcohol while taking these tablets, as the combination of alcohol with isoniazid significantly increases the risk of potentially life threatening liver disease.

Some ways to help you remember to take your medicine:

- Keep tablets in a place where you will see them every day, but out of reach of children and out of the sun.
- Ask a partner, relative or friend to remind you daily.
- Use a dosette or pill reminder box, these are available at pharmacies.
- Take tablets at the same time every day, for example, before breakfast, before bed or when you brush your teeth.
- Set a reminder or alarm on your mobile phone.
- Make a note of any missed doses and report this to your doctor on your next visit.

Do not split the dose of tablets: take all the tablets together at one time.

If you forget to take your medicine at the normal time, take it as soon as you remember, and then continue the next day as normal. If you forget to take your tablets for the whole day, just take your normal dose the next day, do not take a double dose.

Remember:

- You cannot pass on the infection to others.
- You must take your tablets **every day**.
- Taking a course of tablets will reduce your risk of the TB germs becoming active and you getting sick from TB.
- You will have regular check-ups at the specialist clinic at the hospital.

For further information contact the TB Control Section on (03) 9096 5144 or your hospital clinic on

