

我的结核菌素皮内试验呈阳性

公共健康资料

结核菌素皮内试验阳性是什么意思？

检测结核病（TB）的皮内试验叫做结核菌素皮内试验（简称TST）。

公共卫生护士在你的胳膊上进行了注射及记录，注射2—3天后出现的肿块说明你的皮内试验呈阳性。

皮内试验的结果呈阳性可能说明以下几点：

- 你已经感染了结核细菌，但是由于自身免疫系统可以抵抗该细菌而没有发病。但免疫系统没有杀死所有的结核菌，所以仍有部分残留在体内呈休眠状态。
- 体内休眠状态的结核菌变成活性菌。这需要进一步的检查来测试你体内的活性细菌。
- 以前接种的BCG结核疫苗（胳膊上的疤）引起的。
- 你以前得过结核，未治愈或未接受过治疗。

如果你的皮内试验呈阳性，将会进一步做医疗检查。

这可能包括：

- **胸X光片**，查看肺部是否有斑点或者阴影。
- 一种被称为IGRA的**血液检查**。这种检查可以区分出是否由于接种的BCG疫苗造成的阳性或真正的结核菌感染。在澳大利亚，IGRA被称为Quantiferon-TB Gold。
- **推荐**你去看专科医生，以安排进一步的检查或者治疗。
- 如果你有一些肺结核的症状比如咳嗽，发烧，盗汗，疲惫或者减重的症状，也会进行痰化验。

如果IGRA检查结果呈**阴性**，胸X光片也无任何阴影，那么基本可以确定TST的阳性结果是由于以前接种的BCG疫苗引起的。

如果血检呈**阳性**但是胸X光片无任何阴影，则说明你以前与结核病患者接触过，体内长时间存在了结核菌但并无发病。这也称为**隐性结核感染**。不具有传染性。

10%的隐性结核感染会发展成为活性结核感染。如果体内的结核菌变成活性或者部分变成活性，带菌人将会发病。一些疾病或者药物治疗会增加其转变成活性结核菌的机率。

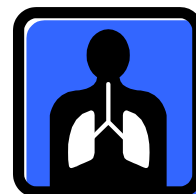
如果去看专科医生，医生会对你进行检查并制定方案：可能会在几年的时间内定期进行胸X光片，或者使用一个疗程的抗生素异烟肼（Isoniazid）。该药可以降低结核菌变成活性的机率。

一旦皮内试验呈阳性，在今后的皮内试验中很可能一直呈阳性反应。所以当你要求进行再一次的TST试验时，请告知医生或者护士你以前的皮内试验呈阳性，并保存所有以往的皮内试验结果。

记住：

- 肺结核如果没有发病，没有理由停止你的日常活动。
- 隐性结核感染是不会传染给你的家人和朋友的。
- 卫生署的结核病护士会和你联系并且安排进一步必要的治疗。

更多信息请联系结核病控制中心
1300 651 160



I have a positive skin test for Tuberculosis

Public health information

What does a positive TB skin test mean?

A skin test for Tuberculosis (TB) is also called a Mantoux test or Tuberculin skin test (TST).

A Public Health Nurse measured your arm where the injection was given and a swollen lump has developed after 2-3 days. This means you have a positive skin test.

Your positive skin test may indicate any of the following:

- That you have been infected by the TB germ but you have not become sick because your immune system is able to control the germ. Not all the TB germs are killed by your immune system and some remain sleeping in your body.
- That the sleeping TB germs have become active and you need to have more tests to look for the active germs in your body
- That you have been immunised for TB in the past with a BCG vaccination (which leaves a scar on your arm), or
- That you have previously had TB and you may or may not have been treated for this in the past.

If you have a positive skin test result you will be offered further medical follow-up.

This may include:

- A **chest x-ray** to see if there are any marks or scars on your lungs.
- A type of **blood test** known as an IGRA which can help tell the difference between previous BCG vaccination and TB infection. In Australia the IGRA test is called Quantiferon-TB Gold®
- **Referral** to a specialist doctor, who will recommend any further tests or treatment.
- A **sputum** (phlegm) test if you are experiencing any symptoms of TB disease such as a cough, fever, sweats, tiredness or weight loss.

If the IGRA test is **negative** and your chest x-ray is **clear**, you can be reassured that the positive TST is most likely due to previous BCG vaccination.

If the blood test is **positive** and your chest x-ray is clear, this indicates you have probably been exposed to TB in the past. TB germs can live in your body for long periods of time without making you sick. This is called **latent (sleeping) TB**. You cannot pass these sleeping germs on to anyone else.

People with latent TB infection have a 10% risk of developing active TB during their life. If the TB germs wake up and become active or multiply in your body, you can develop active TB disease. Some medical conditions and treatments can increase this risk.

If you are referred to a specialist doctor, they will examine you and discuss a plan: this may be further chest x-rays for some years or a course of treatment with an antibiotic called Isoniazid. This medicine will reduce the chance of you ever becoming sick with active TB.

Once you have a positive skin test, it is likely to remain positive if you have the test again in the future. If you are ever asked to have another TST, advise the doctor or nurse of your previous positive result and always keep a record of your skin test result.

Remember:

- You are not sick with TB, there is no reason to stop any of your daily activities
- You cannot pass sleeping TB germs on to your family and friends
- A Department of Health TB Nurse will be in contact with you and you will be advised if further follow-up is required.

For further information contact the TB Control Section on 1300 651 160.

