

# Daawaynta Qaaxada (TB-da)

## Tuberculosis treatment

Somali - English

Waxay tahay inaad bilaabayso kuuro daawayn ah ee cudurka qaaxada (TB-da). Daawaynta TB-da waxay qaadataa ugu yaraan lix bilood hase ahaatee waxaa laga yaabaa in loo sii baahdo ilaa sagaal bilood iyo mararka qaarkoodba ka sii badan. TB-da waa la daawayn karaa badiba xaaladaha oo dhan ayadoo la qaato daawooyinka kuurada daawaynta oo dhammaystiran, sida uu kuu qoray dhakhtarkaagu.

### Daawooyinka TB-da

Daawayn kasta waxay leedahay waxyaalo saamayn kale ah. Taasna waxaa ka mid ah daawooyinka TB-da, si kastaba ha ahaatee, badiba dadku wax dhibaatooyin ah lama kulmaan. U-qaado daawooyinka oo dhan sida dhakhtarkaagu ku tilmaamay. Dhakhtarkaaga ayaa la soconaya horumarka aad samayso intaad daawada qaadanyo si loo hubiyo in daawadii ay shaqanayso iyo in la hubiyo wixii saamayn kale ah. Haddii ay wax saamayn kale ah ay dhacaan, waa inaad u soo sheegtaa dhakhtarkaaga isla markiiba.

Qaar ka mid ah waxyaalaha saamaynta kale ah oo ay tahay in lala socdo markii la qaadanyo kuurada daawada TB-da waxay yihiin:

- Cuncun joogto ah
- Calool xannuun, lalabbo ama rabitaanka cuntada oo yaraada.
- Jiririco iyo qodxo ku mudmudaya, kabuubyo xantowga calaacalaha iyo cagaha hoose.
- Xamakow, jirka oo muruxsan ama jaalle noqda.
- Isbaddal ku dhaca araggaaga, gaar ahaan isbaddalka ku dhaca aragga midabyada casaanka/cagaarka
- Kaadida oo midab madow yeelata
- Indhaha oo jaalle noqda

Daawooyinka soo socda ayaa loo isticmaalaa daawaynta TB-da waxaana dhammaantood loo qaataa ayagoo kiniini ah.

### Isoniazid

Isoniazid waxay kaa dhigi kartaa qof daallan, waxay kuu keeni kartaa lalabbo iyo rabitaankii cuntada oo yaraada, iyo marmar dhif ah, oo ay keento kabuubyo ama xantowga calaacalaha iyo cagaha hoose.

### Rifampicin

Rifampicin waxay yarayn kartaa waxtarnimada kiniiniga uurka laysaga ilaaliyo (contraceptive pill) iyo daawooyin kale qaarkood. Sidaas darteed waxaa muhiim ah inaad u sheegto dhakhtarka kuu qoray daawaynta TB-daada wixii daawooyin kale ah oo aad qaadato. Haweenka qaata kiniiniga uurka

You are about to start a course of treatment for tuberculosis (TB). TB treatment takes at least six months but it may be required for up to nine months and sometimes even longer. TB can be cured in almost all cases by taking the medications for the full course of treatment, as prescribed by your doctor.

### TB medications

Any medication can cause side effects. This includes TB medication, however most people do not experience any problems. Take all medications according to your doctor's instructions. Your doctor will monitor your progress during treatment to check the medication is working and to check for side effects. If side effects do occur, you should report them to your doctor immediately.

Some of the side effects to be aware of when taking a course of TB medication are:

- Persistent itchiness
- Upset stomach, nausea or loss of appetite
- Pins and needles, numbness or tingling in the hands or feet
- A rash, bruising or yellow skin
- Changes in your eyesight, particularly changes in red/green colour vision
- Dark coloured urine
- Yellow eyes.

The following medications are used in the treatment of TB and are all taken in tablet form.

### Isoniazid

Isoniazid may make you feel tired, may cause nausea and loss of appetite and, rarely, numbness or tingling in your hands and feet.

### Rifampicin

Rifampicin can reduce the effectiveness of the contraceptive pill and some other medications. So it is important to advise the doctor who prescribes your TB treatment about any other medicines you are taking.

laysaga ilaaliyo waxay u baahan yihiin inay hababka kale oo ilmaha laysaga ilaaliyo kala tashadaan dhakhtarkooda guud ama la-taliyaha jooga Kilinikada Qorshaynta Qoyska (family planning clinic).

Haddii aad qabto lens implants ama aad gashan tahay contact lenses, u sheeg dhakhtarkaaga, maaddaama ay rifampicin hallayn karto.

Rifampicin waxay kaloo keeni kartaa midabka kaadidaada oo isu-baddala casaan/buni, calyo iyo dhidid badan. Waxyaalahaas dhib ma leh sidaas darteed waxba haysku dhibin.

## Ethambutol ama Myambutol

Araggaaga si joogto ah ayaa loogu baarayaa kilinikada aad tegayso, si kastaba ha ahaatee, waa inaad isla markiiba u sheegtaa dhakhtarkaaga ama kalkaaliyaha caafimaadka dadweynaha haddii aad qabto dhibaatooyinka aragga. Waa inaad kaloo joojisaa qaadashada ethambutol haddii ay ku hayaan dhibaatooyinka aragga, ilaa takhasuslaha TB-daada si kale kugula taliyo.

## Pyrazinamide

Pyrazinamide waxay kaa dhigi kartaa mid lalabbaysan ama waxay kuu keeni kartaa yaraanta rabitaankii cuntada. Daawadan badanaa waxa keliya oo la isticmaalaa labada ama saddexda bilood oo ugu horraysa. Waa inaad wixii aan la filayn oo xamakow ah, feebare, xanuun, xubno xanuun u sheegtaa dhakhtarkaaga isla markiiba.

## Si joogto ah u qaado daawada TB-daada

Waxaa muhiim ah inaad xusuusato:

- U qaado daawada TB-daada sida laguu sheegay, ha joojin qaadashadeeda, xataa markii aad fiicnaato. Qaadasho la'aanta daawadaada sidii uu kuugu qoray dhakhtarku waxay keeni kartaa in bakteeriyadii ay noqoto mid iska celisa daawada.
- Daawada waa in la qaataa ilaa muddo dheer si loo dilo dhammaan bakteeriyadii TB-da. – 6 bilood ama ka badanba.
- U sheeg waxyaalihii saamayn kale ah takhasuslaha TB-da isla markiiba.
- U sheeg takhasuslaha TB-daada wixii daawooyin kale ah oo aad qaadata.
- Iska ilaali cabbitaanka khamriga intaad qaadanayso daawada TBda maaddaama ay alkoholada khamriga ay badin karto waxyaalaha saamaynta kale ah iyo sumaowga daroogada.

## Baaritaanka inta lagu jiro daawaynta

Dhakhtarkaaga ayaa amri kara baaritaano dhiig waqti ka waqti si loo hubiyo waxyaalaha saamaynta kale ah oo ay daawadu keento.

Baaritaano kale, sida kuwa xaakada iyo kaadida, ayaa la amri karaa si loo hubiyo in daawadaadii ay si fiican u shaqaynayso.

Wixii macluumaad dheeraad ah kala xiriir

### TB Control Program

Communicable Disease Control Unit  
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GPO Box 4057  
Melbourne 3001  
Taleefanka: 1300 651 160

Lagana helo Intarneedka ah  
<http://www.health.vic.gov.au/ideas>

Women taking the contraceptive pill may need to discuss other forms of contraception with their general practitioner or an advisor at a family planning clinic.

If you have lens implants or wear soft contact lenses, inform your doctor, as rifampicin can stain them.

Rifampicin will cause a pinkish/orange discolouration of your urine, saliva and sweat. This is harmless so you should not be concerned.

## Ethambutol or Myambutol

Your eyesight will be checked regularly at the clinic you attend, however, you must tell your doctor or public health nurse immediately if you have any visual problems. You should also stop taking your ethambutol if you experience any visual problems, until your TB specialist advises you otherwise.

## Pyrazinamide

Pyrazinamide can make you feel nauseated or cause you to lose your appetite. This medication is usually only used in the first two or three months of treatment. You must report any unexplained rashes, fever, aches or joint pains to your doctor immediately.

## Take your TB medications regularly

It is important to remember:

- Take your TB medications as directed. Do not stop taking them, even when you feel better. Not taking your medicine exactly as prescribed by your doctor can lead to the bacteria becoming resistant to the medications.
- Medication must be taken for long enough to kill all of the TB bacteria – 6 months or longer.
- Report any side effects to your TB specialist immediately.
- Tell your TB specialist about any other medications you are taking.
- Avoid drinking alcohol during treatment as alcohol can increase side effects and drug toxicity.

## Testing during treatment

Your doctor may order blood tests from time to time to check for any side effects from the medication.

Other tests, such as those on your sputum and urine, may also be ordered to check that your medications are working effectively.

For further information contact

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