

肺結核治療

Tuberculosis treatment

Chinese - English

您即將開始一次肺結核（TB）療程。TB治療至少需要六個月，但亦可能需要長達九個月，某些情況下還會更長。如果整個療程按醫囑使用藥物，幾乎所有的TB病例都可以治癒。

TB藥物

不管什麼藥物，均可導致副作用。TB藥物亦不例外，然而大部分人感覺不到什麼問題。根據醫生指導使用所有藥物。醫生在治療過程中會監控進展情況，以便檢查藥物的有效性和副作用。如果出現副作用，請立即向醫生報告。

接受TB藥物治療時，應該注意的某些副作用是：

- 持續發癢
- 胃不舒服、噁心或喪失食欲
- 手或腳發麻、麻木或有刺痛感
- 皮疹、皮膚出現淤傷或變黃
- 視力變化，特別是對紅/綠色的視覺變化
- 尿液呈暗色
- 眼睛發黃。

下列藥物用於TB治療，且均以片劑形式使用。

異煙肼

異煙肼可能讓患者感覺乏力，亦可能導致噁心和喪失食欲，在極少數情況下亦可能導致手和腳出現麻痺感或刺痛感。

利福平

利福平可降低避孕藥丸和其他某些藥物的效力。所以務必告知TB治療醫生您正服用的其他藥物。服用避孕

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.

藥丸的婦女，可能需要就其他避孕形式與其全科醫生或計劃生育診所顧問討論。

如果您植入鏡片或佩戴隱形眼鏡，請通知醫生，因為利福平會對其造成染色問題。

利福平將導致尿液、唾液、汗液變為桃色/橙色。這是無害的，所以不必擔心。

乙胺丁醇或聯苯苄唑

看病的診所會定期為您做視力檢查。然而，如果視力有問題，您必須立即告知醫生或公共衛生護士。如果出現視力問題，您亦應停止使用乙胺丁醇，直至TB專家提出另外建議。

吡嗪醯胺

吡嗪醯胺可讓您感覺噁心，或導致喪失食欲。此藥物一般只在治療的頭兩三個月內使用。您必須將任何不明原因的皮疹、發熱、疼痛或關節疼痛立即告知醫生。

按時服用TB藥物

記住以下事項非常重要：

- 請在指導下服用TB藥物。即使感覺有所好轉，亦勿停止使用。如不按醫囑使用藥物，可導致細菌產生抗藥性。
- 若要殺死所有的TB細菌，藥物治療必須持續足夠長時間——六個月或更長時間。
- 請立即向TB專家報告副作用。
- 告知TB專家您正使用的其他藥物。
- 治療期間請勿飲酒，因為酒精會增加副作用和藥品毒性。

治療期間的檢測

醫生有時可能要求您作血液檢測，檢查藥物引起的副作用。

亦可能要求您作其他檢測，例如唾液和尿液檢測，檢查藥物的有效性。

欲知詳情，請聯繫

TB Control Program

Communicable Disease Control Unit

Department of Human Services

GPO Box 4057

Melbourne 3001

電話: 1300 651 160

可瀏覽

<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

TB Control Program

Communicable Disease Control Unit

Department of Human Services

GPO Box 4057

Melbourne 3001

Phone: 1300 651 160

Available on the Internet at

<http://www.health.vic.gov.au/ideas>