

针对隐性结核感染的药片

公共健康资料

测试结果显示你在某一时刻感染了结核菌。但是这些细菌（TB）是非活性菌，在体内隐藏或处于休眠状态。当结核菌处于休眠状态时，不会给你的身体健康带来任何的影响，也不会传染给他人。但是这些细菌在某一阶段仍然有转变成为活性菌的微小可能性。当结核菌变成活性菌后，患者会出现一系列的症状比如持续性的咳嗽（一般咳嗽超过3个星期），痰中带血，发烧，盗汗，食欲不振，疲惫和减重。

当检查出隐性结核感染时就要开始进行治疗。最常用的抗生素叫做异烟肼（ISONIAZID），该药可以降低隐性结核菌转为活性菌，从而影响日后正常生活的机率。

注意：如果你有隐性结核感染，即——

- 你没有活性结核菌。
- 你没有生病也没有传染性。
- 你不会把细菌传给他人。

即使你没有得病，也需要**每日**服用该药片 **6—9** 个月。如果漏服会造成药效不够，从而不能达到保护你，减低隐性结核菌变成活性结核病的风险。

在整个治疗过程中坚持和配合医嘱十分重要，确保得到充分适当的治疗。

确保你时刻备有充足的药量。这个药物是免费的，所以请按时复诊，保证一直能有足够的药片。

如果由于服用该药物产生了任何副作用，一定要告知你的医生。一般异烟肼不会让人不舒服或产生所谓的“副作用”。但是一旦产生，极少数人可能会引起严重的肝脏化学性发炎。即会产生以下症状：食欲不振，腹部不适或者疼痛，呕吐感，尿色呈暗色（像红茶色）或者眼白发黄。如果出现以上症状，请立即停止服药并就诊。如果在服药过程中出现了大面积的红疹（无论发烧与

否）或者感到手脚发麻，麻木或者刺痛灼烧感，也要停止服药并就诊。

医生可能会时不时的要求你进行血检。在服药期间，不要饮酒。因为酒精会和异烟肼作用从而增加严重损伤肝脏的机率。

一些帮助你记得服药的方法：

- 将药片放到每日都能看得到的地方。但是要远离儿童和日照。
- 让你的家人，亲戚朋友每日提醒你。
- 用有提醒功能的小安瓶或者药盒。药店均有出售。
- 每日在同一时间服药，比如早餐前，睡觉前或者刷牙前后。
- 在手机中设置提醒铃声。
- 将任何漏服的日期记录下来，下次就诊时告知医生。

不要把药拆开放。每次携带所有的药片。

如果在每日服药时间漏服，一旦想起请尽快服用。并在第二日继续正常服药。如果一整天都忘记服药，则在第二天常规服药时间正常服药，不要一日服两片。

记住：

- 你不会传染给别人。
- 每日都必须服药。
- 服用整个疗程会降低你体内结核菌转变成活性的机率。
- 定期经常到医院的专科诊所进行复诊。

更多信息请致电结核病控制中心

(03) 9096 5144 或者你就诊的医院诊所：

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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

