



结核病感染的 预防性治疗

结核病感染 (TB)

结核病感染是人们呼吸进的结核菌引起的。大多数情况下，是由于人们与结核病（肺部）的患者接触后传染的。身体健康的人士可以通过自身免疫（抵抗）系统控制感染，使结核菌保持休眠状态。这种感染被称为**潜伏性结核感染（简称LTBI）**。LTBI患者没有任何症状，不会感到不适，也不会将结核菌传播给他人。如没有任何治疗，约10%的潜伏性感染者会发病。这可能会影响到身体的任何部位，但通常是肺部。在澳大利亚，活动性结核病和潜伏性结核病都可获得治疗。

结核感染的患者：

- 无症状，也没有感到不适
- 不会将结核感染传播他人
- 通常通过皮试（TST）或者结核诊断试剂 QuantiFERON 测出阳性
- 通常普通胸部X光片。

如正确采用预防性治疗，患结核病的风险会大大降低。

关于您的治疗的信息

医生会告诉您患病风险，以及可选择的治疗。

如您决定选择预防性治疗，我们会给您安排一名结核感染病例专员。抗生素的服用疗程一般为三到六个月。

为保证药剂量的准确，医生开药时需要了解您现阶段服用的药物，服药的历史，您是否怀孕，或者是否在喂母乳。

至关重要的是，您一旦开始服药，则需要连续服用，不能间断。错过服药则会降低预防性治疗的有效性，增加感染结核病的风险。

您服用的药物及其可能出现的副作用

无论哪种抗生素，建议您每天在同一时间服用。

异烟肼 (Isoniazid)

每个小白药片包含100毫克的异烟肼。每日计量是由您的体重决定的，成年人每日服用量一般为300毫克。

如您出现以下症状，请与您的病例专员联系：

- 肠胃不适持续48小时以上
- 异烟肼可能会影响到肝脏。如果有恶心、呕吐、腹痛或者出现皮肤或眼睛发黄的症状，请立即与医生或者病例专员联系。
- 治疗初期皮肤发痒
- 其他较轻的症状包括情绪易怒、疲倦、缺乏注意力和痤疮加重
- 偶尔会出现手指和脚趾发麻（周围神经病变）— 您的医生可以开维生素B6来预防此症状。
- 如您正服用癫痫的药物，请告知医生或病例专员，因为药物之间又可能互相干扰

利福平 (Rifampicin)

胶囊有两种不同药剂量，150毫克和300毫克。不同的品牌和强度，胶囊颜色不同。您所服用的剂量是由体重决定的。成人每日药剂量在450毫克到600毫克。

建议空腹时、在饭前一个小时或者饭后两个小时服用。

如出现以下任何症状，请与您的结核病例专员联系：

- 感到胃口不适、恶心、食欲下降和腹部不适
- 脸部轻微发红、皮肤痒或者出现疹子（没有接受治疗情况时，有时出现，有时自己消失）
- 尿液变脓。

利福平也有可能导致：

- 尿液、汗液、眼泪和唾液的颜色呈橘红色。此副作用无害，只是如有隐形眼镜，镜片颜色会消去。
- 降低避孕药的有效性（与家庭医生讨论选择其他避孕方式）
- 药物之间的互相影响--如服用以下药物，请告知医生。药物包括华法林（warfarin）、口服糖尿病药、地高辛（digoxin）、苯巴比妥（phenobarbitone）、美沙酮（methadone）、吗啡（morphine）或者二胺苯砒（dapsone）。

注意事项

如正在服用任何其他药物，包括非处方药，或者服用药物有更改时，请告知您的结核病医生。

我们建议如需要其他方面的治疗，或去医院，告知您的家庭医生您服用的药物。

治疗期间应该避免饮酒。

将药物放置于儿童接触不到的地方，低温干燥储藏。

定期看医生

服用预防性治疗药物期间，需要定期到结核病诊所进行：

- 体重和健康状况检查
- 核实药物是否有副作用
- 核实您是否正确使用药物
- 补充新的药物。

治疗的费用是由西澳结核病控制项目免费为您提供的。



西澳结核病控制项目

📍 Anita Clayton Centre, 1/311 Wellington Street, Perth WA 6000

☎ (+61) 08 9222 8500

✉ ACCadmin@health.wa.gov.au



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Preventive treatment for tuberculosis infection

Tuberculosis (TB) infection

TB infection occurs when a person breathes in TB bacteria. In most cases, this is because they have had exposure to someone with TB disease (in the lungs). In healthy individuals, the immune (defence) system can control the infection by keeping the bacteria inactive. This is called **latent TB infection (LTBI)**. People with LTBI are not sick and cannot spread TB to others. If left untreated, about 10 percent of people will develop TB disease. This can affect any part of the body but usually affects the lungs. In Australia, active and latent TB can be treated.

People with TB infection:

- Have no symptoms and do not feel sick
- Cannot spread TB to anyone else
- Usually have a positive Tuberculosis Skin Test (TST) or positive QuantiFERON blood test
- Usually have a normal chest x-ray.

Preventive treatment, if taken correctly, can significantly reduce the risk of TB disease.

Information about your treatment

The doctor will talk to you about the risk of developing TB disease and the treatment options available.

If you decide to take preventive treatment, you will be allocated a TB case manager. The course of antibiotic treatment ranges from three to six months.

To prescribe the most appropriate antibiotic, your doctor needs to know what medicines you are taking, your medical history and if you are pregnant or breastfeeding.

It is important to understand that once you have started the medication you should continue taking it without interruption. Missed doses will reduce the effectiveness of preventive treatment and increase the risk of future TB disease.

Your medication and possible side effects

Regardless of which antibiotic you choose, we recommend you take the medicine at about the same time every day.

Isoniazid

Each small white tablet contains 100mg of Isoniazid. The daily dose is determined by your weight and the normal adult dose is 300mg daily.

If you experience any of the following symptoms, please contact your TB case manager:

- Stomach upset lasting for more than 48 hours
- Isoniazid can affect your liver. If you feel sick, vomit, have abdominal pain or develop yellow skin/eyes, contact your doctor or case manager immediately
- Itchiness of the skin at the beginning of treatment
- Minor symptoms such as irritability, fatigue, lack of concentration and worsening of acne
- Tingling of the fingers and toes (peripheral neuropathy) can occasionally occur - your doctor may prescribe vitamin B6 to prevent this
- Tell your doctor or TB case manager if you are taking medication for epilepsy as drug interactions may occur.



Rifampicin

Capsules come in two strengths, 150mg or 300mg. The colours vary according to brand/strength. Your dose is determined by your weight. Adult doses can be 450mg to 600mg once daily.

We recommend you take them on an empty stomach, an hour before or two hours after food.

If you experience any of the following symptoms, please contact your TB case manager:

- Stomach upset, nausea, loss of appetite and abdominal discomfort
- Mild flushing, itchy skin or a faint rash (can come and go throughout treatment)
- Dark concentrated urine.

Rifampicin may also cause:

- A change in the colour of your urine, sweat, tears and saliva to orange-reddish. This side effect is harmless, although soft contact lenses may become discoloured
- Reduced effectiveness of the contraceptive pill (a second form of contraception may be indicated and should be discussed with your GP)
- Drug interactions - tell your doctor if you are taking warfarin, oral diabetic drugs, digoxin, phenobarbitone, methadone, morphine or dapsone

Precautions

Please advise your TB doctor if you are taking any other medications, including over the counter medication or if your medications change.

We recommend showing your GP or family doctor your medication if you need other treatment or are going into hospital.

Alcohol should be avoided during the duration of treatment.

Keep all medication out of reach of children in a cool, dry place.

Regular medical visits

While you are taking preventive treatment, regular visits to the TB clinic are required to:

- Check your weight and general health
- Check for any side effects from the medicines
- Check you are taking the medicines correctly
- Collect a further supply of medicines.

This treatment will be provided to you free of charge by the WA Tuberculosis Control Program.



WA Tuberculosis Control Program

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