



结核菌素皮内试验

结核病感染是呼吸进结核病细菌引起的。大多数情况下，是由于人们与结核病（肺部）的患者接触后感染的。健康人士的免疫（抵抗）系统可以控制感染，使细菌处于休眠状态。这种感染被称为**潜伏性结核感染（简称LTBI）**。潜伏性结核感染的患者不会感到不适，也不会将结核菌传播给他人。如不接受任何治疗，其中约10%的感染者转成活动性**结核病**。这可能影响他们身体的任何部位，尤其是肺部。在澳大利亚，结核病和潜伏性结核病均可得到治疗。

什么是结核菌素皮内试验（TST）？

TST，也成为曼托测试，是一种皮试用于测试您是否感染结核菌。

为什么进行此测试？

- 用于测试那些接触结核病患者后，是否感染潜伏性结核病
- 在卫生健康部门工作录用前
- 在您雇主要求您去结核病高发地区工作前
- 其他的情况包括，给12周以上的婴儿注射卡介苗（BCG）前，需要做结核菌素皮试。

如何做此测试？

从结核菌中提取少量的净化过的蛋白，用消毒针头和针管在胳膊上部的皮层内注射。注射的地方会起小水泡；20分钟后就会消失。注射的地方也会稍微出血。

三天后您要回到诊所，护士会给您评估一下注射地方的情况，检查是否有任何反应。

您在做皮试之前

至关重要，您要告知护士如果您有以下情况：

- 是否接受过结核病的治疗
- 是否做过TST皮试，结果如何
- 过去7天内否有病毒感染
- 是否有患任何疾病影响您的免疫系统
- 是否在服用影响您免疫系统的药物
- 过去30天是否有接种疫苗。

注射部位的护理

- 千万不要抓或揉搓注射的地方。
- 保持干燥，不要覆盖住注射地方，也不要包扎、用润肤乳或油。
- 如果水泡变大，感到不适，可以用冷敷。
- 做TST皮试后可以继续正常活动，淋浴、游泳或其他运动项目。

可能产生的副作用

TST皮试是很普通和安全的测试，有不良反应很少见，有可能产生：

- 注射的部位出现红肿、发红、瘙痒，症状可能几周后消失
- 罕见情况可能出现疼痛肿胀、起泡和溃烂。起泡和溃烂全于是会有疤痕。

结果意味着什么，下一步要怎么做？

护士会检查您注射的地方，告知您检查结果。

阴性

如果肿胀的地方小于预定的大小，测试结果就是阴性的。通常情况，这意味着您没有感染结核菌。

根据您最初检测的原因，有可能您还要再重复做一次，或者不需要。

如果您感觉不适、免疫力下降或近期有做过活性疫苗接种，检查结果阴性也可能不准确。

阳性

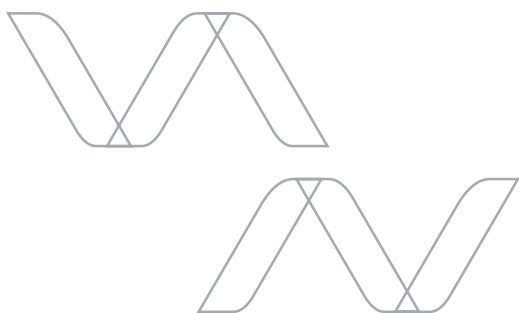
如果肿胀的地方超过预定的大小，测试结果就是阳性的。这意味着您有可能已经感染结核菌。

结果为阳性时，我们会建议您做胸部X光片，还会给您和医生预约复诊来讨论方案。

我们还会为有些患者建议服用的药物，已防止他们感染上结核病。

如果您的结果呈阳性，建议您以后不要再做TST皮试。

更多信息，请到西澳卫生部网站
[Healthy WA website](#)



西澳结核病控制项目

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The Tuberculin Skin Test

Tuberculosis (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, TB disease and latent TB infection can be treated.

What is the Tuberculin Skin Test (TST)?

The TST, also known as the Mantoux test, is a skin test to detect if you have been infected with TB bacteria.

Why is it done?

- To detect LTBI in a person who may have been exposed to someone diagnosed with TB disease
- Before employment in a healthcare facility
- Before travel to a high-TB risk region for work if requested by the employer
- In some situations, a TST may be required before a Bacille Calmette-Guerin (BCG) vaccination for infants over 12 weeks.

How is it done?

A small amount of purified protein from dead TB bacteria is injected under the top layer of the skin on the forearm using a sterile disposable needle and syringe. A small blister will appear at the site; it will disappear within 20 minutes. There may be a small amount of blood at the needle site.

You will need to return to the clinic three days later to have the injection site assessed by a nurse for any reaction.

Before you have the TST

It is important that you tell the nurse if you:

- Have ever been treated for TB
- Have had a TST test done previously and what the result was
- Have had a viral illness in the last week
- Have an illness that affects your immune system
- Take any medication/treatments that affect your immune system
- Received any vaccinations in the past month.

Care of the injection site

- It is important that you do not scratch or rub the injection site.
- Leave the area open; do not cover with any dressing, cream or ointment.
- If blisters develop and cause discomfort, apply a cool compress to the area.
- You can continue your normal activities after having the TST, including showering, swimming and sport.



Possible side effects

The TST is a simple and safe test and side effects are uncommon but may include:

- Swelling, redness and itchiness at the injection site that can take a few weeks to clear
- Painful swelling, blistering or ulceration may occur in rare cases. Blistering or ulcerations will heal with little scarring.

What do the results mean and what happens next?

The nurse will review your injection site and tell you the result.

Negative result

If the lump is below a certain size the result of the test is negative. Usually this means that you have not been infected with TB bacteria.

You may be recommended to have a repeat test in the future depending on why the test was initially performed or you may be advised that no further follow-up is required.

A false negative can occur if you are unwell, immunosuppressed or have had a recent live vaccination.

Positive result

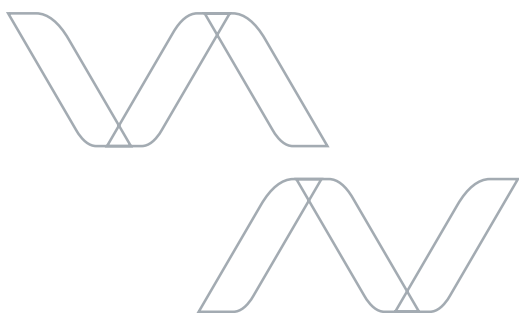
If the lump is above a certain size, the result of the test is positive. It means that you may have been infected with TB bacteria.

If your result is positive a chest X-ray will be recommended and an appointment will be arranged for you to be reviewed by one of our doctors to discuss your results.

Some people with TB infection will be offered medication to prevent them from getting TB disease.

If your test is positive, you will be advised not to have another TST in the future.

For more information about the
Tuberculin Skin Test, see the
[Healthy WA website](#)



WA Tuberculosis Control Program

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