



结核病药物

您即将开始结核病治疗的疗程。您需要吃至少六个月的药，或遵医嘱。

通过不间断的服用药物，大多数的结核病都会治愈。

我们会从结核病诊所为您指定一位病例专员（护士），以帮助您跟踪治疗。

您必须保证每天都服药，如果忘记了服用，请立即通知您的病例专员。

信息

告知医生您现在服用的所有药物以及您的病史。

您感觉好一点了也千万不要停用服药。没有按时服药会导致细菌抵抗和/或治疗失败。

在治疗期间禁止饮酒。

在服药期间，您要定期到诊所复诊，以跟踪您的情况，检查药物是否奏效，是否有任何副作用。

如有以下情况，请通知医生或者病例专员：

- 有副作用出现或者您有些担心
- 您不能赴约时，联系我们进行改期
- 开始服用其他药物
- 您定期服用的药物有所更改
- 您的病史有所改变。

治疗结核病的常用药物

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，因为有可能产生药物之间互相干扰。

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。您服用的计量是由您的体重决定的。成人每日药剂量在450毫克到600毫克。

建议您空腹、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
- 轻微脸部发红、皮肤痒或者疹子（治疗期间，时而出现，然后自己消失）
- 尿液颜色深、且浓稠。

利福平也有可能引起：

- 使您的尿液、出汗、眼泪和唾液的颜色改变，发橘红色。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（您应与家庭医生讨论选择其他避孕方式）
- 药物之间的互相影响—如您服用以下药物，请告知医生。药物包括华法林、口服糖尿病药、地高辛、苯巴比妥、美沙酮、吗啡或者二胺苯酚。

吡嗪酰胺 (Pyrazinamide)

每个大药片含500毫克，药剂量根据您的体重决定。

如有以下症状，请与结核病例专员联系：

- 肠胃不适、恶心、食欲不振和腹部不适
- 轻度肌肉和关节疼痛（止痛药i布洛芬buprofen或扑热息痛paracetamol可以减缓症状）
- 皮肤反应—发痒

治疗的费用是由西澳结核控制项目免费为您提供的。

- 感觉不适、呕吐、腹痛或者皮肤/眼镜发黄，应该立即与病例专员联系。
- 可能会有皮疹或光敏反应（出现晒伤），建议您避免不必要的或长时间的日晒，请用衣服、太阳镜和防晒霜保护。

乙胺丁醇 (Ethambutol)

每个药片含400毫克。药剂量根据您的体重决定。

如有以下症状，请与结核病例专员联系：

- 肠胃不适、恶心、食欲不振和腹部不适
- 关节疼痛
- 发痒和出疹子。

视力有改变，应该立即与病例专员联系。您接受结核病治疗开始和整个过程，医生都会给您检查视力。

不良反应

有任何不良反应出现，一定要**立即**与病例专员或医生联系。

定期看医生

服用预防性治疗药物期间，您需要定期到结核病诊所进行：

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

注意事项

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

我们建议您需要其他方面治疗，或去医院，告知您的家庭医生您服用的药物。

将药物放置于儿童接触不到的地方，低温和干燥储藏。



西澳结核病控制项目

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我们很自豪这里是禁烟场所。
请您不要吸烟或吸电子烟。

如需，请向我们索取这份文件的其他模式。



Tuberculosis medication

You are about to start a course of treatment for tuberculosis disease (TB). You will need to take the medicine for at least six months or as recommended by your doctor.

TB can be cured in almost all cases by taking your medication without interruption.

You will be allocated a TB case manager (nurse) from the TB Clinic who will help monitor your treatment.

You must take all the medicine each day and inform your TB case manager as soon as possible if you miss any.

General information

Inform your doctor about any medication you are taking and your past medical history.

Do **not** stop taking your medication even when you feel better. **Failure to take your medicine as prescribed can lead to bacterial resistance and/or treatment failure.**

Avoid alcohol during the period of your treatment.

You will need to attend regular medical appointments while you are taking the medication to monitor your progress and check if the medicine is working and if you have any side effects.

Let your doctor or case manager know if:

- You develop any side effects or are worried
- You cannot attend your appointment so your appointment can be rescheduled
- You start taking other medication
- Your regular medication changes
- There are any changes to your medical history.

All medication for TB treatment is supplied free of charge from the TB clinic.

Medication commonly used to treat TB

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

Pyrazinamide

Each large white tablet contains 500mg and the dose is determined by your weight.

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

- Stomach upset, nausea, loss of appetite and abdominal discomfort
- Mild pain in the muscles or joints (this is usually managed using ibuprofen or paracetamol)
- Skin reactions - itchiness
- If you feel sick, vomit, have abdominal pain or develop yellow skin/eyes, contact your doctor or case manager immediately
- Rashes and photosensitivity (sunburn) can occur, so we recommend you avoid unnecessary or prolonged exposure to sunlight and wear protective clothing, sunglasses and sunscreen.

Ethambutol

Each tablet contains 400mg. Your dose is determined by your weight.

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

- Stomach upset, nausea, loss of appetite and abdominal discomfort
- Pain in the joints
- Itchiness and rashes.

Any change to your vision should be reported to your TB case manager immediately. Your doctor will check your vision at the start and throughout your TB treatment.

Side effects

If side effects occur it is important to report them to your TB case manager or doctor **immediately**.

Regular medical visits

While you are taking TB 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.

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.

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



WA Tuberculosis Control Program

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