治療結核病的藥物

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Traditional Chinese

結核病的治療爲何很重要？

醫生會出於以下其中一個原因而要求患者接受治療：

- **治療活動期結核病。**結核病不一定都會導致咳嗽、體重下降、夜間盜汗、痰液帶血跡等典型症狀，但如果得不到適當的治療，有可能發展出這些症狀並可導致死亡。結核病沒有受到治療會給其他人帶來受感染的風險。結核病必須按醫生的要求進行完整的治療。接受了短期的治療之後，您會覺得好了很多，或者甚至感覺非常好。但是病菌仍然存在，只有經過完整療程的治療才能殺滅所有病菌。結核病是一種傳染病，進行治療是避免把疾病傳染給其他人的方法。
- **治療潛伏性結核病菌感染，預防結核病發展**是對證實已受結核病菌感染但無活性疾病跡象的人進行治療。
- 抗結核病藥物偶爾會用於治療其他類型的感染，例如非結核性分支桿菌的疾病。

我應在何時服用藥片？

您必須準確無誤地按照醫生的規定服藥才能成功地治療。藥物通常需要每天服用。但有時每週只需服用兩天或三天。若此，患者必須在診所的護士或其他指導人員（見第 3 頁第 13 條）的直接指導下，在規定的日子服藥。藥物應當在每天同一時間空腹（餐前或餐後一個半小時）吞服（不要嚼碎）。多數人覺得在睡前服藥最好。所有藥物都要在同一時間服用，但不必全部一次過吞服。

結核病使用哪些藥物？

以下是用於治療結核病的藥物及其可導致的副作用。副作用並未全部列出，詳細情況可向醫生瞭解。這些藥物通常不會導致妨礙藥物使用的副作用。但認識這些副作用很重要，如果發生副作用應告訴醫生。最重要的是，如果有噁心，腹痛，眼睛發黃，尿液呈黑茶色或大便呈灰白色等症狀，應**立即**告訴醫生，因爲一種或多種的這些藥物會導致這些問題。

異煙肼（INAH[Isoniazid]）：劑量爲 100 毫克的白色小藥片，是治療結核病的極有效的藥物。這種藥物有時候會導致諸如興奮增盛，疲勞，難以集中注意力或痙攣增加等輕微症狀。如果這些情況導致情緒或行爲的改變，應**立即**告訴醫生。偶爾會出現手腳無力，麻木或刺痛感，若有營養不良或飲酒過度的情況尤其會如此。如果有噁心，腹痛，眼睛發黃，尿液呈黑茶色或大便呈灰白色等症狀，應**立即**告訴醫生，因爲這些可能是肝臟毒性的徵兆。如果您服用異煙肼，醫生通常也會開維生素 B6（吡哆醇），劑量爲 25 毫克的白色*藥片讓您服用。需服用低劑量異煙肼的小兒可服用異煙肼糖漿。

利福平（Rifampicin）：劑量分別爲 150 毫克、300 毫克和 600 毫克的膠囊或藥片，是治療結核病的極有效的藥物。不同品牌和劑量顏色會不相同。需服用低劑量利福平的小兒可服用利福平糖漿。這種藥物可導致尿液變紅、橙或紅褐色，偶爾其他體液如眼淚也會出現這些變化。出現這些情況不必擔心，這只不過顯示了藥物進入了身體而已。如果正在服用**任何普通藥物**，必須告訴醫生，因爲利福平會與某些藥物產生作用，尤其是華法林（warfarin）、強的松（prednisone）以及**口服避孕藥。**

如果您正在使用口服避孕藥，其藥效會可能降低，因此您需要使用其他的避孕方式。請記得告訴醫生您正在使用此類藥物。

中斷利福平治療有可能導致嚴重的副作用，這些副作用可以從類似感冒的症狀（頭疼，發燒及發冷）到容易發生淤傷和出血等嚴重的出血性疾病。**若出現這些情況，應立即告訴醫生**。不過，若遵照醫生的要求，按適當的劑量和時間間隔服藥，此類情況**極少**發生。

乙胺丁醇（Ethambutol）：劑量分別爲 400 毫克（灰色大片藥片）和 100 毫克（黃色*小片藥片）的藥片。服用這種藥物時，若視力發生任何變化（例如視力模糊或辨色力的改變），一定告訴醫生，這是很重要的。如果您有任何腎臟疾病或患痛風，應該在開始服用這種藥物之前告訴醫生。

吡嗪醯胺（Pyrazinamide）：劑量爲 500 毫克的白色大藥片，在治療的開始階段對治療結核病具有很強的療效。如果有諸如皮疹，發燒，嘔吐，皮膚或眼睛發黃，深色尿液，關節疼，或者不尋常的出血或淤傷等任何副作用，應告訴醫生，這是很重要的。如果患痛風，請告訴醫生。

鏈黴素（Streptomycin）：注射用針劑，甚少使用。如果有暈眩，喪失平衡，噁心，耳鳴或聽力下降等任何症狀，請告訴醫生。

丙硫翌煙胺（Prothionamide）：劑量爲 250 毫克，表面光滑的橙色*小藥片，甚少使用。可導致噁心，嘔吐及腹瀉等副作用，若有發生應告訴醫生。

環絲氨酸（Cycloserine）：劑量爲 250 毫克灰色或紅色*膠囊，甚少使用。重要的副作用包括情緒和行爲的改變，注意力和記憶力受幹擾。

**不同藥廠生產的藥品可能有不同的顏色。*

我應該告訴醫生哪些症狀？

雖然上面列出了許多副作用，但多數人對治療有良好的耐受力，不發生副作用。

如果您有如下任何症狀：

- 皮疹（這可能是藥物引起的過敏，必須立即告訴醫生）
- 其他過敏的跡象（這包括嘴唇，舌頭或眼簾腫脹；呼吸急促困難，發出喘息聲；原因不明的發燒；口腔潰瘍等，必須立即告訴醫生）
- 噁心，嘔吐，腹瀉或腹部疼痛
- 手或腳刺麻感
- 視力受到幹擾
- 任何其他不尋常的症狀，例如異乎尋常的疲勞，昏厥或頭暈眼花

很重要的是，要聯繫如下個人或部門：

- 結核病防治所（見如下地址和聯繫資料）
- 您的醫生
- 或立即聯繫就近的醫院

有關詳情

地點	電話	地點	電話
都市南部地區結核病門診服務 Princess Alexandra 醫院 (布里斯班)	3176 4166	*Cairns* 結核病防治所 Cairns Base 醫院	4226 6240
Rockhampton 結核病防治所 Rockhampton Base 醫院	4920 6211	*Townsville* 結核病防治所 Townsville 綜合醫院	4433 2860
Toowoomba 結核病防治所 Toowoomba 醫院	4616 6446		

我應該怎麼做？

1. 如下藥物應在**每天的同一時間一齊服用，但不必一口吞下所有藥物。**嚴格遵從醫療專業人員的醫囑、要求和治療安排。您的醫生或護士應能按您需要的藥片數量提供藥物：

藥物	劑量	藥物	劑量
異煙肼（**INAH** [**Isoniazid**]）	……..藥片	丙硫翌煙胺（**Prothionamide**）	……250 毫克 藥片
利福平（**Rifampicin**）	…….. 600 毫克 藥片 …….. 300 膠囊 …….. 150 膠囊	環絲氨酸（**Cycloserine**）	…… 250 毫克 藥片
維生素 B6 吡哆醇（**Pyridoxine**）	…….. 25 毫克 藥片	*其他*	
乙胺丁醇（**Ethambutol**）	…….. 400 毫克 藥片 …….. 100 毫克 藥片		
吡嗪醯胺（**Pyrazinamide**）	…….. 藥片		

2. 堅持服藥直至醫生要求停藥爲止。請記住，藥物必須每天服用（除非醫生另有安排），即使您感覺良好都要每天服用。
3. 多數的結核病治療計畫對懷孕都是安全的，若未與醫生討論，不應中斷服藥。重要的是，如果懷了孕，應儘早告訴醫生。
4. 不要改變服用藥物的劑量或中斷每天進行的治療。
5. 不要把藥物給別人服用，即使別人有類似的症狀也不能給他們服用。介紹他們看醫生或到結核病防治所就診。
6. 結核病的治療是長期的治療（至少治療六個月才能確保治癒）。因此，您應該堅持按治療計畫進行治療，即使感覺良好也要堅持。有關這方面的情況可以與您的醫生討論。
7. 最重要的是，您必須按醫生的安排定期看醫生。如果不能如約看醫生，您必須通知結核病科的護士或者您的治療醫生，以便另行安排時間看醫生。
8. 藥物是通過衛生部與公立醫院的藥房合作免費提供的。都市南部結核病門診服務的主要藥物供應部門是 Princess Alexandra 醫院的藥房，藥物可在星期一至星期五（公眾假日除外）上午 9.00 至下午 4.30 到該藥房領取。如果您不便到此處領取藥物，請與醫生討論到何處領取藥物。藥物應定期領取（通常是在您看醫生的同一天領取）。如果您的藥物儲備不多，應立即領取藥物，不要等到用光才去領取。
9. 如果對治療或藥物的劑量有任何疑問，請在上班時間聯繫就近的結核病防治所的醫生或護士，或者聯繫您的治療醫生。
10. 如果您發生任何副作用，請立即聯繫您的醫生或結核病防治所。
11. 請記得，在看醫生的時候，帶上你所有的藥物和空藥瓶。藥物應存放在陰涼而乾燥，小孩拿不到之處。
12. 你在服用這些藥物的期間，結核病防治所將安排一名護士負責對您的照護。該護士會在您服用這些藥物的期間定期聯繫以及/或家訪，監督您的治療情況，並能與您討論與管理疾病有關的任何問題。
13. 醫生可能爲您安排指導性的治療，這樣做有許多理由，例如能夠密切地監督副作用的情況。若此，醫療指導人員會在特定日子的同一時間把藥物交給您。

Tuberculosis Medications

Version 2 – April 2013

Why is tuberculosis (TB) treatment important?

Treatment will have been ordered by the doctor for one of the following reasons:

- **Treatment for active TB disease**. TB does not always cause the classic symptoms of coughing, weight loss, night sweats and blood-streaked sputum, but these symptoms may develop and death may occur if the disease is not properly treated. Untreated disease also puts others at risk of infection. Prescribed TB treatment must be completed. After only a short time of being on treatment, you may feel much improved, or even very well. However, germs may still be present and only a full course of treatment will kill all germs. TB is an infectious disease and treatment prevents passing the infection on to others.
- **Treatment for latent TB infection, to prevent TB developing** where there is evidence of infection with the TB germ, but no sign of active disease.
- Occasionally anti-tuberculosis drugs are used to treat other types of infection, such as non-tuberculous mycobacterial diseases.

When do I take my tablets?

Medications must be taken without fail as directed by your doctor for successful treatment. Medications are usually given daily, but sometimes they are only given two or three days a week. In this case, they must be taken on the specified days and under direct supervision by either a nurse from the clinic (see page 3, point 13) or another supervisor. Medication should be swallowed (*not chewed*) at the same time each day on an empty stomach (one and a half hours before or after food). Most people find it best to take the medications before bed. All medications should be taken at the same time, but do not need to all be swallowed together.

Which drugs are used to treat TB?

Below is a list of drugs used to treat TB, and their possible side effects. Not all side effects are listed, and your doctor will discuss them in more detail. The medications usually cause no side effects that would prevent their use, but it is important to recognise these, and report them to your doctor if they occur. Reporting any symptoms such as nausea, abdominal pain, yellow eyes, dark urine or pale bowel motions *immediately* is most important, because one or more of the drugs can cause these problems.

INAH (Isoniazid): Small, white tablets of 100mg strength, which are powerful against the TB germ. They sometimes cause minor symptoms such as irritability, fatigue, lack of concentration or worsening of acne. If these result in mood and behaviour changes, they should be reported *immediately* to your doctor. Weakness, numbness and tingling of hands and feet occasionally occur, especially with poor nutrition or excess alcohol intake. Symptoms such as nausea, abdominal pain, yellow eyes, dark urine or pale bowel motions should be reported immediately, because these may indicate liver toxicity. If you are taking INAH, you will usually also be prescribed pyridoxine (Vitamin B6) in the form of small, white* tablets in 25mg strength. Isoniazid syrup is available for small children needing a lower dose.

Rifampicin: Capsules or tablets that come in three strengths, 150mg, 300mg and 600mg, and are powerful against the TB germ. The colour varies with different brands and strengths. Rifampicin syrup is available for small children needing a lower dose. This medication can cause red, orange or reddish-brown coloured urine, and occasionally other body fluids, such as tears. This is no cause for concern, but indicates that the drug is getting into the body. You must tell the doctor about *any regular medication* you take, because rifampicin can affect the action of certain drugs, especially warfarin, prednisone and the *oral contraceptive pill*.

If you are taking oral contraceptives, their effectiveness may be decreased and you will need to use other forms of contraception. Remember to tell the doctor if you are on such medications.

Interrupting rifampicin treatment can cause potentially serious side effects, from a flu-like illness (with headaches, fevers and chills) to a serious bleeding disorder with easy bruising and bleeding. *If this occurs, report immediately*, but remember, these symptoms *are rare if tablets are taken as directed* at

the proper dose and frequency.

Ethambutol: Tablets come in two strengths, 400mg which is a large, grey* tablet, and 100mg which is a small, yellow* tablet. It is important to report any change in your eyesight (such as blurred vision or change in colour vision) when taking this tablet. If you have any kidney disease or if you suffer from gout, report this to your doctor before you start this medication.

Pyrazinamide: These are large, white 500mg tablets that act strongly against the TB germ in the first stages of treatment. Reporting to your doctor any side effects such as skin rash, fever, vomiting, yellowing of skin or eyes, darkened urine, joint pain or unusual bleeding or bruising is important. If you have gout, please tell your doctor.

Streptomycin: This is given as an injection and used only occasionally. Report to your doctor any symptoms of dizziness, loss of balance, nausea, ringing ears or hearing loss.

Prothionamide: Small, orange* 250mg tablets, with a smooth surface. Prothionamide is used only occasionally. Side effects of nausea, vomiting and diarrhoea can occur and should be reported.

Cycloserine: 250mg grey or red* capsules that are rarely used. Important side effects are mood and behaviour changes, and disturbances of concentration and memory.

**Colours of tablets may differ if changed by the manufacturers.*

Which symptoms should I report to my doctor?

Although many side effects are listed above, most people tolerate treatment without side effects.

If you experience any of the following symptoms:

- skin rashes(this could be due to an allergy to the tablets and must be reported immediately)
- other signs of allergy (these include swelling of lips, tongue or eyelids; wheezing; unexplained fever; and mouth ulcers, and must be reported immediately)
- nausea, vomiting, diarrhoea or abdominal pain
- tingling of hands or feet
- visual disturbances
- any other unusual symptoms such as exceptional tiredness, faintness or dizziness

Then it's important to contact:

- a Tuberculosis Control Unit (see location and contact details below)
- your own doctor
- or the nearest hospital immediately.

Further information

Location	Telephone	Location	Telephone
Metro South Clinical TB Service Princess Alexandra Hospital (*Brisbane*)	3176 4166	*Cairns* TB Control Unit Cairns Base Hospital	4226 6240
Rockhampton TB Control Unit Rockhampton Base Hospital	4920 6211	*Townsville* TB Control Unit Townsville General Hospital	4433 2860
Toowoomba TB Control Unit Toowoomba Hospital	4616 6446		

What should I do now?

1. Take the following medications *all together at the same time each day*—not necessarily swallowed all together. Strictly follow the advice, instructions and treatment from medical and nursing staff. Your doctor or nurse should fill out the number of tablets you are taking:

Drug	Dose	Drug	Dose
INAH (Isoniazid)	……..tablets	**Prothionamide**	……250mg tablets
Rifampicin	…….. 600 mg tablet …….. 300 capsules …….. 150 capsules	**Cycloserine**	..…… 250mg tablets
Pyridoxine	……... 25mg tablets	*Others*	
Ethambutol	…….. 400mg tablets …….. 100mg tablets		
Pyrazinamide	…….. tablets		

2. Continue taking the medication until advised by the doctor to stop. Remember, medication must be taken every day (unless planned otherwise by doctor), even if you feel well.

3. Most TB treatment regimens are safe during pregnancy and should not be interrupted before discussion with the doctor. It is important to tell the doctor as soon as possible if you become pregnant.

4. Do not change the dosage or interrupt daily treatment.

5. Do not offer the medications to others, even if they have similar complaints. Refer them to a doctor or a Tuberculosis Control Unit.

6. Treatment for TB will be of long duration (a minimum of six months treatment is required to ensure cure). Therefore, you should continue treatment as prescribed even if you are feeling well. This matter can be discussed with your doctor.

7. You will be asked by the Doctor to return regularly for appointments and it is most important that you keep these appointments. If it is impossible for you to attend the appointment, you must tell the Nurse from the TB Unit or your treating doctor so another appointment can be made.

8. The medicines are supplied free of charge through the Department of Health in cooperation with public hospital pharmacies. The principal supplier for Metro South TB Unit is The Princess Alexandra Hospital Pharmacy where the medications may be collected between 9.00am and 4.30pm, Monday to Friday (except Public Holidays). If this is not applicable to you, please discuss your collection point with your doctor. They should be collected regularly (usually on the same day as your appointment with the doctor). If your supply is low, obtain further medications immediately before you run out of stock.

9. If you have any doubts at all about the treatment or the dosage of drugs, contact the Medical or Nursing Staff of the closest TB Control Unit during office hours or your treating doctor.

10. Contact your doctor or TB Control Unit immediately if you have any side effects.

11. Remember to bring all your medications and empty bottles with you when you attend for your Doctor's appointment. Keep the medications out of reach of children and in a cool dry place.

12. A nurse from a TB Control Unit will be assigned to your care while you are taking these medications. The nurse will contact and/or visit you regularly whilst you are taking these medications to monitor your progress and will be available to discuss any concerns regarding the management of the disease.

13. There are many reasons why your doctor may plan supervised treatment for you, such as to closely monitor side effects. In this case, a supervisor will give your medications at the same time on the specific days.