

What is Latent Tuberculosis?

Infection (LTBI)?

Tuberculosis (TB) is a disease caused by a bacteria called *Mycobacterium tuberculosis*. People with Latent Tuberculosis Infection (LTBI) have been infected with *Mycobacterium tuberculosis*, but do not yet have TB disease. They will have no symptoms of the disease. They are not infectious and cannot transmit TB to others.

Why do I need treatment for LTBI?

Active TB will develop in 1 of 10 people who did not treatment LTBI.

Antibiotic treatment is the most effective way of preventing a person with LTBI developing TB. This also protects you against developing the disease, and spreading it to others in your family and in the community.

Certain people who have LTBI have an increased risk of developing active TB. This includes recent exposure to another person with TB, such as a household contact, particularly in:

- The elderly or very young.
- People with health problem that make it hard to fight TB disease



What is the treatment for LTBI?

Your doctor will decide on the best treatment for you. Recommended treatment involves using one antibiotic for:

- 6 months if you are <15 ys.
- 9 months if you are 15ys+



Common side effects of treatment

Like all medications, the tablets used to treat LTBI have some side effects. LTBI treatment uses only one drug. The rate of adverse events is low:

- Very rarely occur in children and young adults.
- May affect around 5% of people aged 65 years and above.

While undergoing treatment for LTBI it is important to avoid drinking alcohol and taking paracetamol. Both of these substances can make the liver work harder, potentially increasing the risk of liver injury from the medications.

Please contact the TB clinic if you develop nausea, abdominal pain or other side effects during treatment.

Why do I need to take TB medicine regularly?

TB bacteria are killed very slowly. It is important to continue to take the antibiotic medicine to ensure all the TB bacteria are killed.

What to do if missed a dose?

You should try not to miss any doses.

- If you forget to take a dose at the right time, take it as soon as you remember.
- If it is nearly time for your next dose, skip the missed dose and take the next dose as usual. Do not take a double dose to make up for the forgotten tablet.
- If you forget to take any doses let the doctor or pharmacist know the next time you are at the TB Clinic.

Contact Details if I need support or counseling:

Please contact a member of the team if you have anything related to your medicines.

TB Doctor:

Mobile:

TB nurse:

Mobile:

How can I remember to take my medicine?

You will be taking your TB medicine for a long time, so you should get into a routine. Here are some ways to remember to take your medicine regularly:

- Take your medicines at the same time every day and leave them in the same place (for example with your toothbrush).
- Mark off each day on a calendar as you take your medicine.
- Set an alarm to remind you to take your pills.
- Ask a family member or friend to remind you to take your medicine.
- Tell your TB doctor or nurse if you miss a dose of medicine.
- Keep all your clinic appointments. Your doctor or nurse needs to see how you are doing.



Project of

Latent Tuberculosis Infection Treatment

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