

AM I INFECTIOUS?

If TB germs have been seen in your phlegm in the laboratory, you have been infectious. However, if TB germs were not seen in your phlegm, it does not necessarily mean that you have not been infectious.

You will no longer be infectious after two weeks of treatment.

TB is spread by coughing up the germs from your lungs into the air where someone else can breathe them in. It is a good idea to cover your mouth and nose with a tissue when you cough or sneeze. Dispose of the tissue carefully and wash hands afterwards.

You do not need to worry about cups, glasses and cutlery.

You do not need to stop seeing your friends and family if you have been seeing them while you have been unwell, but it would be best to avoid cuddling babies and small children until you are no longer infectious.



CONTACT US



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফলেটটি যদি আপনার অন্য কোনো ভাষায় পুরবোজন হয়, তবে অনুগ্রহ করে ০৮০০ ৯১৭ ৮৫০৪ নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

v-0717-2

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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#weareNHFT

TUBERCULOSIS (TB)

PATIENT INFORMATION



PATIENTS WITH
PULMONARY
TB OR
“OPEN TB”

 01933 235848

 nhft.nhs.uk



TUBERCULOSIS (TB) - PATIENTS WITH OPEN TB

TREATMENT

TB is treated with antibiotics for at least six months. A combination of different antibiotics has been found to be much more effective and works more quickly than one single medicine. You will have been prescribed at least three antibiotics, possibly more. They may be combined in one tablet. You will have to take all these pills every day without fail.

Often the number of antibiotics required to treat TB can be reduced by the doctor after the first two months.

If you have problems swallowing tablets please discuss this with the doctor.

Do not stop taking the medication, unless you are asked to do so.

These medicines are best taken on an empty stomach and then waiting at least half an hour or longer before eating.

If it makes it easier to remember, you can take all the tablets at the same time.

SIDE EFFECTS

- Your urine will be orange. This happens to all your body fluids and will cause permanent staining to soft contact lenses (gas-permeable lenses are not affected).
- Nausea and indigestion usually settle within the first couple of weeks.
- Some people notice dry itchy skin and possibly a rash. Application of a moisturising cream will help.
- Some people complain of joint pains. A painkiller that you know suits you may help.
- The treatment makes the oral contraceptive pill, contraceptive implant and long acting contraceptive injection unreliable so if this applies to you, an alternative method of contraception will be required.

More serious side effects that need action include:

- Pins and needles sensation in your hands and feet – you will be given a vitamin to help prevent this.
- Your vision can be affected.
- The tablets can affect your liver and may cause; stomach pain, extreme tiredness, persistent nausea or vomiting, jaundice – where the whites of your eyes look yellow, skin tone darkens and can be itchy.

If you develop any of these problems, or are concerned about your medication, please contact your TB nurses immediately. Please leave a message on the answer machine if they are not there. If this happens over a weekend or Bank Holiday, please contact your Out of Hours GP service for advice.

GENERAL ADVICE

Everyone recovers at their own speed. You can return to normal activities as you feel able. Rest is important, but so is gentle exercise and fresh air.

Eat a healthy diet, taking a little food more often if you do not have much of an appetite.

Take your medicines every day. If you forget in the morning, take them later in the day when you remember.

Keep all your appointments with your doctor who needs to monitor your progress and make sure the medicines are working.

Do not let your supplies of medicines run out. Your TB medicines will be supplied by the hospital, not your GP. If you are running out, please let your TB nurse know.

SCREENING YOUR CONTACTS

When the TB Nurse visits you, details will be recorded of those people with whom you have had regular prolonged contact while you have been unwell.

They will be asked to come to a local clinic for screening. GPs cannot provide this service.

Screening involves a simple health check and possibly a blood test, x-ray or other simple investigations.

Some people may be called back for re-screening after a few months.

REMEMBER: take your treatment every day for the whole course. It is the best way to protect yourself and your family and friends.