

## **Health Advice for Tuberculosis Patients**

Tuberculosis (TB) is an infectious disease spread by air. In order to prevent the spread of infection, you are advised to note the following:

- 1. Observe personal hygiene**
  - During coughing or sneezing, use a handkerchief or tissue paper to cover nose and mouth.
  - Do not spit. Wrap up sputum in tissue paper and dispose of it properly in covered rubbish bins or flush away in the toilet.
  
- 2. Keep the living environment well ventilated and hygienic.**
  
- 3. Adequate rest and exercise are beneficial to health and recovery.**
  
- 4. Take a well balanced diet.**
  
- 5. Stop smoking. Avoid alcohol.**
  
- 6. Remind your family members to come to the Chest Clinic with their identity documents for chest x-ray examination, tuberculin skin test, or both.**
  
- 7. TB Treatment**
  - Timely TB treatment helps prevent complications and spread of infection.
  - Standard TB treatment takes at least 6 months.
  - You are required to take TB drugs under supervision at the Chest Clinic.
  - Take the correct dose at the scheduled time. Irregular drug treatment may induce drug resistance, which may make it difficult to treat the disease.
  - Whenever you attend a Chest Clinic for medication :
    - (a) Bring along your pink treatment card and follow-up card;
    - (b) It is preferable to maintain an empty stomach with no food two hours before and two hours after taking the medicine. This would facilitate absorption of TB medication.
    - (c) Avoid taking TB medication with milk, high-glucose or aerated drinks.
  
  - Mild drug reactions include reddish orange discoloration in stool, tear, urine or nasal discharge 4 to 6 hours after medication, transient nausea, flushing, and transient numbness around the mouth.
  
  - Report to nurse when you experience discomfort or side-effects such as:  
dizziness, persistent nausea, vomiting, jaundice, fever, skin rash, tinnitus, visual disturbance, joint pain and any other physical discomfort.
  
  - Service hours for supervised TB treatment:
    - (a) All full-time chest clinics (except Tai Po Chest Clinic)

Mondays to Fridays :	8:00am – 1:00pm 2:00pm – 5:00pm 5:30pm – 7:30pm
Saturdays :	8:00am – 1:00pm
Sundays & public holidays :	Closed

(b) Tai Po Chest Clinic

Mondays to Fridays :	9:00am – 1:00pm 2:00pm – 5:00pm
Saturdays :	9:00am – 1:00pm
Sundays & public holidays :	Closed

- When typhoon Signal No. 8 or Black Rainstorm Signal is hoisted, all Chest Clinics will be closed.
- During TB treatment:
  - (a) you should not leave the territory; discuss with doctor if there is an urgency;
  - (b) avoid herbal medicine;
  - (c) show your pink treatment card and follow-up card when you attend any clinic or hospital.
- Points to note for females during TB treatment:
  - (a) avoid pregnancy;
  - (b) seek advice from the Family Planning Service about alternative contraception methods (as contraceptive pills may become less effective);
  - (c) inform your doctor immediately if you are pregnant;
  - (d) discuss with the doctor or nurses about breastfeeding. In general, you can breastfeed during treatment. However, it is advisable to put on a mask when you may still be infectious during the initial treatment phase. Preventive treatment may be required for your baby.
- Regular follow-up is important for monitoring your progress during and after treatment.  
Registration hours for medical consultation :

Mondays :	8:30am – 12:30pm 1:45pm – 5:15pm
Tuesdays to Fridays :	8:30am – 12:30pm 1:45pm – 5:00pm
Saturdays, Sundays & public holidays:	Closed

- For emergencies outside clinic operation hours, you may visit the Accident and Emergency Department of the nearby hospital with your follow-up and pink treatment cards.