

- အိပ်ဒီးတင်မကျော်ထိဘိလိအပုပ်ယုတ်တင်မကျော်သွံဒီးအာ(လ) ထွါစီ(န)ဒ်တင်နီလီအီလါကသိပ်သရ်မှတမ့်သရ်/သရ် မှ်ကွာ်ပုဆါတက့ၢ်.
- ပျဲနကသိပ်သရ်သ့ညါတချူးနအိသ့ဂံဝပ်စဲကသိပ်က သီတဖ်မှတမ့်ကသိပ်အဂုအဂါတဖ်တက့ၢ်. အဲသ့က မာဘာ်ဒိဘာ်ဖူးန သူညိးတင်ဆါ ဘာ် (hepatitis B) ကသိပ် ကသ့ဝဲန့လီ.

### တၢ်ဟ့ၣ်ကူၣ်လၢကဘာ်အိကသိပ်အဂီၢ်

- မၤနီၣ်ပာ်နီၣ်ထီၣ်တၢ်ဟ့ၣ်ပလီၢ်လၢနလီတဲစိအပူၤလၢကမၤသ့ၣ် နီၣ်နသးလၢကအိကသိပ်လၢဆၢကတီၢ်ဒိသိးလိာ်သးလၢကိးနံၤ ဒဲးအဂီၢ်တက့ၢ်.
- ကတီၢ်တၢ်ဒီးနပူၤဖိၣ်ကသိပ်ကသိဘာ်သး Webster-pak(ကသိပ်အဒါလၢတၢ်ကတီၢ်ပာ်)ဖဲနမ့ၢ်အိကသိပ်အဂုအဂါ လၢဆၢကတီၢ်လီၤဆီအပူၤန့ၣ်တက့ၢ်.
- သံကွၢ်နပူၤဖိၣ်ကသိပ်ကသီလၢကပာ်သံနကသိပ်န့ၣ်လီၤအ လိာ်ဒီးဒူးသ့ၣ်နီၣ်နဖဲအသိဘာ်ဝဲအခါလၢကမၤပုၤ(မၤန့ၢ်အါ ထီၣ်)အဂီၢ်တက့ၢ်.
- ကသိပ်သရ်, သရ်/သရ်မှ်တဖ်, မ့တမ့ၢ် ပုၤဖိၣ်ကသိပ် ကသီတဖ်မၤန့ၢ်ပုၤကတီၢ်ကျိးထံတၢ်ဖိတၢ်မၤစၢၤကလီသ့ဖဲ နမ့ၢ်လိာ်ဘာ်ကျိၣ်တၢ်မၤစၢၤအခါန့ၣ်လီၤ.
- နမဲဒဲးခဲကးတအိၣ်ဘာ်ခါ-နမၤန့ၢ်ကသိပ်ကသီလၢလီကျိၣ်ခိၣ်ဖဲ အိၣ်လၢကိးချါအခါသ့ဝဲလီၤ.

- Have your regular tests including blood tests and ultrasounds as ordered by your doctor or nurse.
- Let your doctor know before taking herbal or traditional medicines or any other medicines. They may affect your hepatitis B medication.

### Tips for taking the medication:

- Set an alarm on your phone to remind you to take your medication at the same time every day.
- Talk to your pharmacist about a Webster-pak (a pre-arranged medication container) if you take other medications at different times.
- Ask your pharmacist to keep your prescription and remind you when it is due for refill (get more).
- Doctors, nurses, or pharmacists can access free interpreter services if you need help with language.
- Do not have a Medicare Card? – You can access medicines online from overseas.



Your Doctor/Nurses Name: နကသိပ်သရ်/သရ်မှ်/သရ်ကွာ် ပုၤဆါအမံၤ-	
Your Clinic Name: နတၢ်ဆါဟံၣ်ဖိအမံၤ-	
Clinic Phone Number: တၢ်ဆါဟံၣ်ဖိအလီတဲစိနီၣ်ဂံၢ်-	

### ဆဲးကျိးပုၤ

လၢတၢ်ဂ့ၢ်အါထီၣ်အဂီၢ် နဆဲးကျိးဒီး Love Health – Hepatitis, HIV/AIDS ဒီး Sexual Health Program ဝဲ the Ethnic Communities Council of Queensland (ECCQ) န့ၣ်လီၤ.  
 လီတဲစိ- ၃၈၄၄ ၉၁၆၆  
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### Contact Us

For more information you can contact Love Health – Hepatitis, HIV/AIDS and Sexual Health Program at the Ethnic Communities Council of Queensland (ECCQ)  
 Phone: 3844 9166  
 Email: health@eccq.com.au  
 Website: www.eccq.com.au/bbv



လိာ်လိာ်တၢ်ကွဲးကဲသ့ၣ်တဘျီတဘျီအဲၣ်တၢ်ထူးထီၣ်အီၤလၢ ECCQ ယုၣ်ဒီးကျိၣ်စုတၢ်ဆိၣ်ထွဲဟဲလၢ  
 Queensland Health ယုၣ်ဒီးတၢ်မၤယုၣ်သကီၢ်တၢ်ဒီး  
 Logan, Royal Brisbane ဒီး Women's, Mater, Princess Alexandra Hospitals, QulHN ဒီး GESA  
 တၢ်ဂ့ၢ်တၢ်ကျိၣ်ဖဲတၢ်ဂ့ၢ်နီၣ်အလိာ်ကဘျီအပူၤအဲၣ်တၢ်အိၣ်သးအကလုာ်ကလုာ်အဂီၢ်န့ၣ်လီၤ.  
 နဆ့ၣ်ချုၤဟ့ၣ်မ့ၢ်ဘာ်ခါကဟ့ၣ်ကွၢ်ဝဲတၢ်နီၣ်လီၤလီၤဆီတဖ်လၢအဘာ်ထွဲဒီးနီၣ်တၢ်စုတၢ်အိၣ်ဆူၣ်အိၣ်  
 ချုၤတၢ်လိာ်တဖ်န့ၣ်လီၤ. ဘာ်တၢ်စဲးကျိးထူးထီၣ်အီၤဖဲ လါအံၤ ၂၀၂၄

This resource is produced by ECCQ with funding from Queensland Health in collaboration with Logan, Royal Brisbane and Women's, Mater, Princess Alexandra Hospitals, QulHN and GESA  
 The information in this factsheet is general in nature.  
 Your health practitioner will advise specific instructions relevant to your individual health requirements. Published April 2024

# ကဘာ်အိ Hepatitis B ကသိပ်ဒဲလဲာ် ကသိပ်ကသီဖဲအိး စံးထွဲလၢယါအပူၤဒဲလဲာ်

## How to take Hepatitis B Medication in Australia



**Entecavir:**

- တဘျီတခိတ်ကိးအီဒေအတကီါခါပနီအမံ- Apotex မှတမ့ါ Mylan လီါ.
- ကဘဉ်အိဉ်ဒီးကသံဉ်သရဉ်မုတမ့ါသရဉ်/သရဉ်မုဉ်ကွါပုါခါလါအိဉ်ဒီးမုဒါအလံာ်တါနံဉ်လီါလါကပုါဝဲဖဲပုါဖိဉ်ကသံဉ်ကသီ ကျးအပူါန့ဉ်လီါ.
- အီကသံဉ်အီန့ဉ်တနံါတဖျါဉ်ယုဉ်ဒီးထံ-နကသံဉ်သရဉ်ကဒူးသ့ဉ်ညါနုါမ့ါနလိဉ်အီအီလီါဆီအဂီါါါလီါ.
- နကလိဉ်အီကသံဉ်အံါဖဲတအိဉ်တါနီတမံါအခါ-တဘဉ်အိဉ်တါလါ ၂ န့ဉ်ရံဉ်အတီါပူါတချူါးအီကသံဉ်ဒီးအခါဒီးဖဲအီကသံဉ်ဝဲါအလီါခဲန့ဉ်လီါ.
- ပုါတနီါထံဉ်လါအညီဒိဉ်လါကအီကသံဉ်ဖျါဉ်လါဂီါခိဖဲအပါါထီဉ်, ဒီးဝဲါတစုအိဉ်ဂီါတါအိဉ်ဖဲ ၂ န့ဉ်ရံဉ်ဝဲါအလီါခဲန့ဉ်, မုတမ့ါအီအီတချူါးမဲါလါမ့ါနုါအခါ(တဘဉ်အိဉ်တါတချူါးအဝဲန့ဉ်လါ ၂ န့ဉ်ရံဉ်အတီါပူါဘဉ်).
- တါမးန့ါအီါသုလါအပူါဘဉ်ယုဉ်ဒီးမဲါဒဲါခဲကးမုတမ့ါခိါစဲရှဉ်ကးဒဲါအမ့ါတါကွါထွဲဆူဉ်ချူါးအကးအသီးန့ဉ်သ့လီါ.
- တါမးန့ါအီါသုလါကသံဉ်သရဉ်အလံာ်န့ဉ်လီါလါတါချါ(အပူါပုါပုါ)ဖဲနမဲါဒဲါခဲကးမ့ါတအိဉ်ဘဉ်န့ဉ်လီါ. ဝဲါသးစူါတါပီဉ်တါအလုါအပူါယုဉ်ဒီးနကသံဉ်သရဉ်မုတမ့ါ ပုါဖိဉ်ကသံဉ်ကသီန့ဉ်တက့ါ.

**Tenofovir Disoproxil Fumarate (TDF):**

- တဘျီတခိတ်ကိးအီလါတကီါခါအပနီအမံ- Viread လီါ.
- ကဘဉ်အိဉ်ဒီးကသံဉ်သရဉ်မုတမ့ါသရဉ်/သရဉ်မုဉ်ကွါပုါခါလါအိဉ်ဒီးမုဒါအလံာ်တါနံဉ်လီါလါကပုါဝဲဖဲပုါဖိဉ်ကသံဉ်ကသီ ကျးအပူါန့ဉ်လီါ.
- အီကသံဉ်အီန့ဉ်တနံါတဖျါဉ်ယုဉ်ဒီးထံ-နကသံဉ်သရဉ်ကဒူးသ့ဉ်ညါနုါမ့ါနလိဉ်အီအီလီါဆီအဂီါါါလီါ.
- တါအီအီယုဉ်ဒီးတါအိဉ်သ့လီါ.
- ပူါဖျါးလါတါကသုအီါလါတါအိဉ်ဒီးဟူးသးအပူါလီါ.
- တါမးန့ါအီါသုလါအပူါဘဉ်ယုဉ်ဒီးမဲါဒဲါခဲကးမုတမ့ါခိါစဲရှဉ်ကးဒဲါအမ့ါတါကွါထွဲဆူဉ်ချူါးအကးအသီးန့ဉ်သ့လီါ.
- တါမးန့ါအီါသုလါကသံဉ်သရဉ်အလံာ်န့ဉ်လီါလါတါချါ(အပူါပုါပုါ)ဖဲနမဲါဒဲါခဲကးမ့ါတအိဉ်ဘဉ်န့ဉ်လီါ. ဝဲါသးစူါတါပီဉ်တါအလုါအပူါယုဉ်ဒီးနကသံဉ်သရဉ်မုတမ့ါ ပုါဖိဉ်ကသံဉ်ကသီန့ဉ်တက့ါ.



**Entecavir:**

- Sometimes called by its current brand names Apotex or Mylan.
- Must have a valid doctor or nurse practitioner prescription to buy at a pharmacy.
- Take one tablet once a day with water – your doctor will let you know if you need a different dose.
- You need to take this medication on an empty stomach – do not eat for 2 hours before and 2 hours after taking the medication.
- Some people find it easier to take the tablet first thing in the morning, and then eat breakfast 2 hours later; or take it before going to bed at night (do not eat for 2 hours before).
- Available at a lower cost with a Medicare Card or Concession Card such as Health Care Card.
- Available on a private prescription (full price) if you do not have a Medicare Card. Please discuss costs with your doctor or pharmacist.

**Tenofovir Disoproxil Fumarate (TDF):**

- Sometimes called by its current brand name – Viread.
- Must have a valid doctor or nurse practitioner prescription to buy at a pharmacy.
- One tablet once a day with water – your doctor will let you know if you need a different dose.
- Can be taken with food.
- Safe to use in pregnancy.
- Available at a lower cost with a Medicare Card or Concession Card such as Health Care Card.
- Available on a private prescription (full price) if you do not have a Medicare Card. Please discuss costs with your doctor or pharmacist.



**Tenofovir Alafenamide (TAF):**

- တါကိးစုါကိးအီါဒဲါအတကီါခါပနီအမံ-Vemlidy န့ဉ်လီါ.
- ကဘဉ်အိဉ်ဒီးကသံဉ်သရဉ်အလံာ်န့ဉ်လီါလါအတါသုအီါန့ဉ်လီါ.
- အီကသံဉ်အီန့ဉ်တနံါတဖျါဉ်ယုဉ်ဒီးထံ-နကသံဉ်သရဉ်ကဒူးသ့ဉ်ညါနုါမ့ါနလိဉ်အီအီလီါဆီအဂီါါါလီါ.
- တါအီအီယုဉ်ဒီးတါအိဉ်သ့လီါ.
- တါမးန့ါအီါလါအပူါဘဉ်ဝဲါဖဲအီါစဲရှဉ်လါအပူါတသ့ဝဲါဘဉ်ဖဲန့ဉ်အိဉ်ဒီးမဲါဒဲါခဲကးမုတမ့ါခိါစဲရှဉ်ကးဒဲါအမ့ါတါကွါထွဲဆူဉ်ချူါးဒဲါလဲါန့ဉ်လီါ, အယီါန့ဉ်, နကဘဉ်ဟ့ဉ်အပူါပုါပုါန့ဉ်လီါ. ကတါတါဒီးနကသံဉ်သရဉ်မုတမ့ါ ပုါဖိဉ်ကသံဉ်ကသီဘဉ်အပူါ-တါမးန့ါစုါကိးအီါကသုလါလီါကျါခိဉ်ဖဲတါမ့ါပုါအီါလါကီါချါအခါန့ဉ်လီါ.

**တါအရူဒိဉ်လါကဘဉ်သ့ဉ်နီဉ်ထီဉ်-**

- ကသံဉ်ကသီတဖဉ်အံါညီန့ါမ့ါဒီတစါသးတါသုအီါအဂီါ, ဒဲါတါအိဉ်ဆူဉ်အိဉ်ချူါးတါအိဉ်သးအယံာ်အထါအဂါတဖဉ်အသီးလီါ.
- အီတနံါတဖျါဉ်ကိးနံါဒဲါလါတါဆါကတီါတခါယီါအပူါယုဉ်ဒီးထံတက့ါ
- နသးပူါနီဉ်အီကသံဉ်တဖျါဉ်န့ဉ်ဒါ အီကသံဉ်လါနသးပူါနီဉ်အီအီဖဲအဆီအချူါဖဲသ့ဉ်နီဉ်ထီဉ်အီါကမ့ါဒဲါဝဲါတနံါယီါသ့လီါ. ဝဲါတစု, အီဘဉ်ကသံဉ်ဒဲါန့ဉ်နီဉ်အီါတဖဉ်လါလီါခဲတနံါန့ဉ်တက့ါ.
- တဘဉ်အီကသံဉ်အီခဲဘျီဂီါလါတကတီါယီါအပူါမုတမ့ါလါတနံါယီါအပူါတဂ့ါ
- တဘဉ်နီါဟ့ဉ်လီါအီနကသံဉ်ယုဉ်ဒီးပုါအဂါ, ဒဲါအမ့ါနဟံဉ်ဖဲယီါဖဲမုတမ့ါတါသကိးတဖဉ်န့ဉ်တဂ့ါ.
- ကသံဉ်တဖဉ်အံါတါကဲထီဉ်သးခီဖျါတါအီကသံဉ်အယီါန့ဉ်အိဉ်ထံအစုါန့ဉ်လီါ. ပုါတနီါနီါကတူါဘဉ်ခိဉ်သဉ်ယံါခါတဆဲးတက့ါ, သးကလဲါ, တါဘျိုးသး, ဒဲါန့ဉ်တဖဉ်, ဖဲစးထီဉ်အီကသံဉ်န့ဉ်လီါ. နတါဆါပနီဉ်မ့ါအိဉ်လါကဒူးကီါဒူးဂီါန့ဉ်, တဘဉ်ပတုဉ်ကသံဉ်တဖဉ်လါတအိဉ်ဒီးတါကတီါဆီတါဒီးနကသံဉ်သရဉ်မုတမ့ါသရဉ်မုဉ်ကွါပုါခါန့ဉ်တဂ့ါ.
- မါလီါတါဒဲါသီးနကသံဉ်တဖဉ်သုတလါဒဲါန့ဉ်န့ါတဂ့ါအဂီါ-တါပတုဉ်ဒီးစးထီဉ်အီကသံဉ်တဖဉ်ကဒူးကဲထီဉ်တါဂ့ါကီါအိဉ်အမ့ါလါန့ဉ်ဒီးတါအိဉ်ဆူဉ်အိဉ်ချူါးအဂီါသ့ဝဲါလီါ. နကသံဉ်မ့ါလါဒဲါန့ဉ်ဆဲးကျါဒီးနကသံဉ်သရဉ်မုတမ့ါသရဉ်မုဉ်/သရဉ်ကွါပုါခါတဘျီယီါတက့ါ.
- တဘဉ်ပတုဉ်ကသံဉ်တဖဉ်ဖဲန့ဉ်တါအိဉ်အခါတဂ့ါ, အဒိဖဲတါဘျီတါဘါရါမဒါ(Ramadan)အခါမုတမ့ါမ့ါအီကသံဉ်အဂါဒဲါကသံဉ်မါသံတါဖာ်တဖဉ်, ဒဲါန့ဉ်အသီးလီါ. နမ့ါတလီါတါဘဉ်န့ဉ်န့ဉ်, သံကွါနကသံဉ်သရဉ်, သရဉ်မုဉ်/သရဉ်ကွါပုါခါ, မုတမ့ါပုါဖိဉ်ကသံဉ်ကသီ တက့ါ.
- တါပီဉ်ဒီးနကသံဉ်သရဉ်တချူါးနလဲါတါက့ါတါဒီးဘဉ်ခီဖျါနကလိဉ်ဘဉ်ကသံဉ်လါလါလီဉ်ဖဲနဟးယံါအခါန့ဉ်လီါ. နကလိဉ်ဘဉ်လဲါပုါလါနကသံဉ်သရဉ်အအိဉ်လါကစီဉ်ကသံဉ်တဖဉ်ဆူထံကီါအဂါတဘျီအဂီါန့ဉ်လီါ.

**Tenofovir Alafenamide (TAF):**

- Also called by its current brand name – Vemlidy.
- Must have a valid doctor prescription.
- One tablet once a day with water – your doctor will let you know if you need a different dose.
- Can be taken with food.
- Not currently available at a lower cost in Australia even if you have a Medicare Card or Concession Card such as Health Care Card, therefore, you will pay full price. Talk to your doctor or pharmacist about the cost – may also be available online for purchase from overseas.

**Important things to remember:**

- These medications are generally for life-long term use, like for other chronic health conditions.
- Take one tablet every day at the same time with water.
- Missed a tablet? Take the missed tablet as soon as possible when you remember if it is the same day. Then, take your normal tablet the next day.
- Do not take 2 doses at one time or on the same day.
- Do not share your medication with other people, such as your family members or friends.
- These medications have very few side effects. Some people may experience mild headaches, nausea, tiredness etc., when starting the medication. If you have symptoms that worry you, do not stop taking the medications without first talking to your doctor or nurse.
- Make sure you do not run out of medications; stopping and starting medications can cause serious problems for your liver and health. If you do run out of medications contact your doctor or nurse immediately.
- Do not stop medications whilst fasting e.g., during Ramadan or if taking other medications such as antibiotics etc. If you are unsure, ask your doctor, nurse, or pharmacist.
- Discuss with your doctor before you travel as you will need sufficient medications whilst away. You may need a letter from your doctor to carry the medications into another country.