

服药小贴士：

- 在手机上设置闹铃，提醒自己每天定时服药。
- 如果在其它时间需要服用其它药物，向药剂师要一个分药盒(Webster-pak)。
- 可以让药剂师帮忙保管处方，并且在下一次需要补充药物时作出提醒。
- 如需翻译服务，医生、护士或药剂师可以帮您安排免费的口译服务。
- 没有医疗卡(Medicare Card)? —— 可以通过线上渠道从海外购入药物。



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.

医生/护士姓名：	
诊所名称：	
诊所电话：	

联系我们

如需更多信息，可联系昆士兰民族社区委员会(ECCQ)的 Love Health – 肝炎、HIV/AIDS 和性健康项目。
电话：07 3844 6877 或 0479 130 997
电子邮件：chinese@eccq.com.au
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本资料由 ECCQ 与布里斯班皇家及妇科医院、Mater 公共医院、Logan 医院、亚历山大公主医院、QuIHN、澳大利亚肠胃协会 (GESA) 联合创作。

本说明书的信息为一般性信息。医护人员会提供有关个人健康需求的具体指导。2024年4月发布

Your Doctor/Nurses Name:	
Your Clinic Name:	
Clinic Phone Number:	

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**



This resource is produced by ECCQ with funding from Queensland Health in collaboration with Logan, Royal Brisbane and Women's, Mater, Princess Alexandra Hospitals, QuIHN 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

如何在澳大利亚服用乙肝药物

How to take Hepatitis B Medication in Australia



恩替卡韦(Entecavir):

- 有时也称其品牌名奥贝泰克(Apotex)或迈兰(Mylan)。
- 必须持有有效的医生或专科护士处方, 才能在药房购入。
- 每天一粒, 用水送服 —— 如需不同剂量, 医生将会告知。
- 本药须空腹服用 —— 服药前2小时和服药后2小时内不能进食。
- 可以早上起床后先服药, 2小时后再吃早餐; 或者晚上睡前服药(服药前2小时不能进食)。
- 如有医疗卡(Medicare Card) 或优惠卡(Concession Card), 如保健卡(Health Care Card)等, 便可以以较低价格购买。
- 如果没有医疗卡(Medicare Card), 可以凭处方全价购买。具体价格请咨询医生或药剂师。

富马酸替诺福韦(简称替诺福韦, Tenofovir Disoproxil Fumarate, TDF):

- 有时也称其品牌名韦瑞德(Viread)。
- 必须持有有效的医生或专科护士处方, 才能在药房购入。
- 每天一粒, 用水送服 —— 如需不同剂量, 医生将会告知。
- 可以与食物一起服用。
- 孕妇可服用。
- 如有医疗卡(Medicare Card)或优惠卡(Concession Card), 如保健卡(Health Care Card)等, 便可以以较低价格购买。
- 如果没有医疗卡(Medicare Card), 可以凭处方全价购买。具体价格请咨询医生或药剂师。



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.



富马酸丙酚替诺福韦(简称丙酚替诺福韦, Tenofovir Alafenamide Fumarate, TAF):

- 有时也称其品牌名韦立得(Vemlidy)。
- 必须持有有效的医生处方才能购买。
- 每天一粒, 用水送服 —— 如需不同剂量, 医生将会告知。
- 可以于进食前后服用。
- 即使持有医疗卡(Medicare Card)或优惠卡(Concession Card), 如保健卡(Health Care Card)等, 目前在澳洲也无法以较低价格购买, 因此必须全价购买。具体价格请咨询您的医生或药剂师 —— 也可以通过线上渠道从海外购入。

重要事项:

- 这些药物就像其他慢性疾病药物一样, 一般需要终身服用。
- 每天定时用水送服一粒。
- 忘记服药? 如果在同一天发现忘记服药, 应尽快服用。然后第二天照常服药。
- 切勿在同一时间或同一天内服用两粒药。
- 切勿与家人或朋友等其他他人共用乙肝药物。
- 这些药物的副作用较少。刚开始服药时, 部分人可能会出现轻度头疼、恶心、疲劳等症。如果对症状感到担心, 在与医生或护士商量前请不要自行停药。
- 确保家中有足够的药物; 突然停用或重新开始服用药物会对肝脏和整体健康造成严重的影响。一旦发现药物不够, 请立即联系医生或护士。
- 禁食期间(如斋戒月)和服用其它药物(如抗生素)时, 请不要自行停药。如有不确定之处, 请询问医生、护士或药剂师。
- 外出期间需要准备充足的药物, 因此外出旅行前请与医生商量。携带药物进入其它国家, 可能需要医生证明。
- 按照医生或护士的要求进行定期检查, 包括血检和超声波检查。
- 服用草药、传统中药或任何其它药物前, 请告知医生。这些药物可能会影响乙肝药物的作用。

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.
- 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.