

如何在澳洲服用乙(B)肝藥物

How to take Hepatitis B Medication in Australia



服藥小貼士:

- 在手機上設置鬧鐘，提醒自己每天定時服藥。
- 如果在其他時間需要服用其他藥物，向藥劑師要一個分藥盒(Webster-pak)。
- 可以讓藥劑師幫忙保管處方，並於到期時提醒您補充藥物。
- 如需翻譯服務，醫生、護士或藥劑師可以幫您安排免費的口譯服務。
- 沒有醫療卡(Medicare Card)? — 可以在網上從海外購入藥物。



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.

醫生/護士姓名：	
診所名稱：	
診所電話：	

聯絡我們

如需更多資訊，可聯絡昆士蘭民族社區委員會(ECCQ) 的 Love Health — 肝炎、愛滋病和性健康項目，電話 07 3844 6877 或 0479 130 997，電子郵件 chinese@eccq.com.au，或網址 www.eccq.com.au/bbv-chinese 微信/Line: [chineseeccq261](https://www.eccq.com.au/bbv-chinese)



本資料由 ECCQ Logan醫院、皇家布里斯本及婦女醫院、Mater醫院、雅麗珊郡主醫院、QuiHN以及澳洲腸胃協會 (GESA) 聯合製作。本說明書的資訊為一般性資訊。醫護人員會提供有關個人健康需求的具體指導。2024年4月發佈

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**

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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

恩替卡韋(Entecavir):

- 有時也稱其品牌名奧貝泰克(Apotex)或邁蘭(Mylan)。
- 必須持有效的醫生或專科護士處方，才能在藥房購入。
- 每天一顆，用水送服 —— 如需不同劑量，醫生將會告知。
- 本藥須空腹服用 —— 服藥前2小時和服藥後2小時內不能進食。
- 可以早上起床後先服藥，2小時後再吃早餐；或者晚上睡前服藥(服藥前2小時不能進食)。
- 如有醫療卡(Medicare Card)或優惠卡(Concession Card)，如保健卡(Health Care Card)，便可以較低價格購買。
- 如果沒有醫療卡(Medicare Card)，可以憑處方全價購買。具體價格請諮詢醫生或藥劑師。

富馬酸替諾福韋(簡稱替諾福韋, Tenofovir Disoproxil Fumarate, TDF):

- 有時也稱其品牌名韋瑞德或惠立妥(臺灣) (Viread)。
- 必須持有效的醫生或專科護士處方，才能在藥房購入。
- 每天一顆，用水送服 —— 如需不同劑量，醫生將會告知。
- 可以與食物一起服用。
- 孕婦可服用。
- 如有醫療卡(Medicare Card)或優惠卡(Concession Card)，如保健卡(Health Care Card)，便可以較低價格購買。
- 如果沒有醫療卡(Medicare Card)，可以憑處方全價購買。具體價格請諮詢醫生或藥劑師。



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.



富馬酸丙酚替諾福韋(簡稱丙酚替諾福韋, Tenofovir Alafenamide, TAF):

- 有時也稱其品牌名韋立得(Vemlidy)。
- 必須持有效的醫生處方才能購買。
- 每天一顆，用水送服 —— 如需不同劑量，醫生將會告知。
- 可以與食物一起服用。
- 即使持有醫療卡(Medicare Card)或優惠卡(Concession Card)，如保健卡(Health Care Card)，目前在澳洲也無法以較低價格購買，因此必須全價購買。具體價格請諮詢您的醫生或藥劑師 —— 也可以在網上從海外購入。

重要事項:

- 這些藥物就像其他慢性疾病藥物一樣，一般需要終身服用。
- 每天定時用水送服一顆。
- 忘記服藥? 如果在當天發現忘記服藥，應儘快服用。然後第二天照常服藥。
- 切勿在同一時間或同一天內服用兩顆藥。
- 切勿與家人或朋友等其他人共用藥物。
- 這些藥物的副作用較少。剛開始服藥時，部分人可能會出現輕微頭痛、噁心、疲勞等症狀。如果對症狀感到擔憂，在向醫生或護士詢問前請不要自行停止服藥。
- 確保家中有足夠的藥物；突然停用或重新開始服用藥物會對肝臟和整體健康造成嚴重的影響。一旦發現藥物不夠，請立即聯絡醫生或護士。
- 禁食期間(如齋戒月)和服用其他藥物(如抗生素)時，請不要自行停藥。如有不確定之處，請詢問醫生、護士或藥劑師。
- 外出期間需要準備充足的藥物，因此外出旅行前請與醫生商量。攜帶藥物進入其他國家，可能需要醫生證明。
- 按照醫生或護士的要求進行定期檢查，包括血液檢查和超音波檢查。
- 服用草藥、傳統中藥或任何其他藥物前，請告知醫生。這些藥物可能會影響乙(肝)藥物的藥效。

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.