

# ကဘဉ်အိ Hepatitis B ကသံဉ်ဒဲလဲဉ် ကသံဉ်ကသိဖဲအိး စဲထွဲလယါအပူဒဲလဲဉ်

## How to Take Hepatitis B Medication in Australia



Your Doctor/Nurses Name: နကသံဉ်သရဉ်/သရဉ်မုဉ်/သရဉ်ကွါ ပုဆါအမံ-	
Your Clinic Name: နတါဆါဟံဉ်ဖိအမံ-	
Clinic Phone Number: တါဆါဟံဉ်ဖိအလီတဲစိနီဂါ-	

### ဆဲးကျိးပု

လၢတၢ်ဂ့ၢ်အါထီဉ်အဂီၢ် ဆဲးကျိးဒီး Love Health – Hepatitis, HIV/AIDS ဒီး Sexual Health Program ဝဲ the Ethnic Communities Council of Queensland (ECCQ) န့ဉ်လီၤ.

လီတဲစိ- **၃၈၄၄ ၉၁၆၆**  
အံမ့(လ)-**health@eccq.com.au**  
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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**



လံာ်လံာ်တၢ်ဂ့ၢ်ကဲဘျုးတဘျုးအဲၤဘဉ်တၢ်ထုးထီဉ်အိးလၢ ECCQ ယုဉ်ဒီးကျိးစ့တၢ်ဆိဉ်ထွဲဟဲလၢ  
Queensland Health ယုဉ်ဒီးတၢ်မၤယုဉ်သကိးတၢ်ဒီး  
Logan, Royal Brisbane ဒီး Women's, Mater, Princess Alexandra Hospitals, QulHN ဒီး GESA  
တၢ်ဂ့ၢ်တၢ်ကျိးဖဲတၢ်ဂ့ၢ်နီၤနီၤအဲၤလံာ်ကဲဘျုးအဲၤပုဆါအဲၤဒဲလဲဉ်လၢတၢ်အိဉ်သးအကလုာ်ကလုာ်အဂီၢ်န့ဉ်လီၤ  
နဆူဉ်ချု ပုဆါအဲၤဒဲလဲဉ်လၢတၢ်ကျိးဖဲတၢ်ဂ့ၢ်နီၤနီၤအဲၤလံာ်ကဲဘျုးအဲၤပုဆါအဲၤဒဲလဲဉ်လၢတၢ်အိဉ်သးအကလုာ်ကလုာ်အဂီၢ်န့ဉ်လီၤ  
ချုတၢ်လိဉ်တဖၣ်န့ဉ်လီၤ. ဘဉ်တၢ်မံးကျိးထီဉ်အိးဖဲ လါအံဉ် ၂၀၂၄

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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

- အိဉ်ဒီးတၢ်မၤကျိးထီဉ်အိးလၢအပုဉ်ယုဉ်တၢ်မၤကျိးသ့ဉ်ဒီးအါ(လ) ထွဲစိ(န)ဒဲတၢ်န့ဉ်လီၤအိးလၢကသံဉ်သရဉ်မ့တမ့ၢ်သရဉ်/သရဉ် မုဉ်ကွါပုဆါတက့ၢ်.
- ပုနကသံဉ်သရဉ်သ့ဉ်ညါတချုးနအိသ့ဉ်ဂံၢ်ဝဲစဲကသံဉ်က သီတဖၣ်မ့တမ့ၢ်ကသံဉ်အဂုၤအဂၤတဖၣ်တက့ၢ်. အဝဲသ့ဉ်က မၤဘဉ်ဒိဘဉ်ဖုးန သ့ဉ်ညိးတၢ်ဆါ ဘဉ် (hepatitis B) ကသံဉ် ကသ့ဝဲန့ဉ်လီၤ.

## တၢ်ဟ့ဉ်ကူဉ်လၢကဘဉ်အိကသံဉ်အဂီၢ်

- မၤနီဉ်ပာ်နီဉ်ထီဉ်တၢ်ဟ့ဉ်ပလီၤလၢနလီတဲစိအပူလၢကမၤသ့ဉ် နီဉ်နသးလၢကအိကသံဉ်လၢဆါကတီၢ်ဒိသိးလိာ်သးလၢကိးနီၤ ဒီးအဂီၢ်တက့ၢ်.
- ကတီၢ်တၢ်ဒီးနပုၤဖိဉ်ကသံဉ်ကသီဘဉ်ဃး Webster-pak(ကသံဉ်အဒါလၢတၢ်ကတီၢ်ပာ်)ဖဲနမ့ၢ်အိကသံဉ်အဂုၤအဂၤ လၢဆါကတီၢ်လီၤဆီအပူန့ဉ်တက့ၢ်.
- သံကွါနပုၤဖိဉ်ကသံဉ်ကသီလၢကပာ်ဃာ်နကသံဉ်န့ဉ်လီၤအ လိာ်ဒီးဒုးသ့ဉ်နီဉ်နဖဲအသီဘဉ်ဝဲအခါလၢကမၤပုၤ(မၤန့ၢ်အါ ထီဉ်)အဂီၢ်တက့ၢ်.
- ကသံဉ်သရဉ်, သရဉ်/သရဉ်မုဉ်တဖၣ်, မ့တမ့ၢ် ပုၤဖိဉ်ကသံဉ် ကသီတဖၣ်မၤန့ၢ်နပုၤကတီၢ်ကျိးထီဉ်တၢ်မၤစၢၤကလီသ့ဖဲ နမ့ၢ်လိဉ်ဘဉ်ကျိးတၢ်မၤစၢၤအခါန့ဉ်လီၤ.
- နမဲၤဒဲၤခဲကးတအိဉ်ဘဉ်ခါ-နမၤန့ၢ်ကသံဉ်ကသီလၢလီကျိးခိဉ်ဖဲ အိဉ်လၢကီၢ်ချါအခါသ့ဝဲလီၤ.

- 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.



## Entecavir:

- တဘျီတခိတ်တံးအိၤဒဲအတကီၢ်ခါပနံၣ်အမံၤ Apotex မ့တမ့ၢ် Mylan လီၤ.
- ကဘၣ်အိၣ်ဒီးကသံၣ်သရၣ်မ့တမ့ၢ်သရၣ်/သရၣ်မ့ၣ်ကွၢ်ပုၤဆါလၢအိၣ်ဒီးမ့ၣ်ဒါအလံၣ်တံၢ်န့ၣ်လီၤလၢကပူၤဝဲပုၤဖိၣ်ကသံၣ်ကသီ ကျးအပူၤန့ၣ်လီၤ.
- အိၣ်ကသံၣ်အိၣ်န့ၣ်တနံၤတဖျၢၣ်ယုၣ်ဒီးထံ-နကသံၣ်သရၣ်ကဒူးသ့ၣ်ညါန့ၣ်မ့ၢ်န့ၣ်လိၣ်အိၣ်အိၣ်လီၤဆီအဂီၢ်ါါလီၤ.
- နကလိၣ်အိၣ်ကသံၣ်အံၤဖဲတအိၣ်တံၢ်နီၣ်တမံၤအခါ-တဘၣ်အိၣ်တံၢ်လၢ ၂ န့ၣ်ရံၣ်အတီၢ်ပူၤတချူၤအိၣ်ကသံၣ်ဒီးအခါဒီးဖဲအိၣ်ကသံၣ်ဝံၤအလီၢ်ခဲန့ၣ်လီၤ.
- ပုၤတနီၤထံၣ်လၢအညီဒိၣ်လၢကအိၣ်ကသံၣ်ဖျၢၣ်လၢဂီၤခိဖဲအပာ်ထီၣ်, ဒီးဝံၤတစုအိၣ်ဂီၤတံၢ်အိၣ်ဖဲ ၂ န့ၣ်ရံၣ်ဝံၤအလီၢ်ခဲန့ၣ်, မ့တမ့ၢ်အိၣ်အိၣ်တချူၤမံၤလၢမ့ၢ်န့ၣ်အခါ(တဘၣ်အိၣ်တံၢ်တချူၤအဝဲန့ၣ်လၢ ၂ န့ၣ်ရံၣ်အတီၢ်ပူၤဘၣ်).
- တံၢ်မၤန့ၢ်အိၣ်သ့လၢအပူၤဘၣ်ယုၣ်ဒီးမံၤဒဲအဲကးမ့တမ့ၢ်ခါဖဲရှၢၣ်ကးဒဲအမ့ၢ်တံၢ်ကွၢ်ထွဲဆူၣ်ချ့အကးအသိးန့ၣ်သ့လီၤ.
- တံၢ်မၤန့ၢ်အိၣ်သ့လၢကသံၣ်သရၣ်အလံၣ်န့ၣ်လီၤလၢတံၢ်ချါ(အပူၤပုၤပုၤ)ဖဲန့ၣ်မံၤဒဲအဲကးမ့တမ့ၢ်ခါဖဲရှၢၣ်န့ၣ်လီၤ. ဝံၤသးစူၤတၢ်ပိၣ်တံၢ်အလုၢ်အပူၤယုၣ်ဒီးနကသံၣ်သရၣ်မ့တမ့ၢ် ပုၤဖိၣ်ကသံၣ်ကသီန့ၣ်တက့ၢ်.

## Tenofovir Disoproxil Fumarate (TDF):

- တဘျီတခိတ်တံၢ်ကိးအိၤလၢတကီၢ်ခါအပနံၣ်အမံၤ- Viread လီၤ.
- ကဘၣ်အိၣ်ဒီးကသံၣ်သရၣ်မ့တမ့ၢ်သရၣ်/သရၣ်မ့ၣ်ကွၢ်ပုၤဆါလၢအိၣ်ဒီးမ့ၣ်ဒါအလံၣ်တံၢ်န့ၣ်လီၤလၢကပူၤဝဲပုၤဖိၣ်ကသံၣ်ကသီ ကျးအပူၤန့ၣ်လီၤ.
- အိၣ်ကသံၣ်အိၣ်န့ၣ်တနံၤတဖျၢၣ်ယုၣ်ဒီးထံ-နကသံၣ်သရၣ်ကဒူးသ့ၣ်ညါန့ၣ်မ့ၢ်န့ၣ်လိၣ်အိၣ်အိၣ်လီၤဆီအဂီၢ်ါါလီၤ.
- တံၢ်အိၣ်အိၣ်ယုၣ်ဒီးတံၢ်အိၣ်သ့လီၤ.
- ပူၤဖျးလၢတံၢ်ကသ့အိၣ်လၢတံၢ်အိၣ်ဒီးဟူးသးအပူၤလီၤ.
- တံၢ်မၤန့ၢ်အိၣ်သ့လၢအပူၤဘၣ်ယုၣ်ဒီးမံၤဒဲအဲကးမ့တမ့ၢ်ခါဖဲရှၢၣ်ကးဒဲအမ့ၢ်တံၢ်ကွၢ်ထွဲဆူၣ်ချ့အကးအသိးန့ၣ်သ့လီၤ.
- တံၢ်မၤန့ၢ်အိၣ်သ့လၢကသံၣ်သရၣ်အလံၣ်န့ၣ်လီၤလၢတံၢ်ချါ(အပူၤပုၤပုၤ)ဖဲန့ၣ်မံၤဒဲအဲကးမ့တမ့ၢ်ခါဖဲရှၢၣ်န့ၣ်လီၤ. ဝံၤသးစူၤတၢ်ပိၣ်တံၢ်အလုၢ်အပူၤယုၣ်ဒီးနကသံၣ်သရၣ်မ့တမ့ၢ် ပုၤဖိၣ်ကသံၣ်ကသီန့ၣ်တက့ၢ်.



## 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):

- တံၢ်ကိးစ့ၢ်ကိးအိၤဒဲအတကီၢ်ခါပနံၣ်အမံၤ-Vemlidy န့ၣ်လီၤ.
- ကဘၣ်အိၣ်ဒီးကသံၣ်သရၣ်အလံၣ်န့ၣ်လီၤလၢအတံၢ်သ့အိၣ်န့ၣ်လီၤ.
- အိၣ်ကသံၣ်အိၣ်န့ၣ်တနံၤတဖျၢၣ်ယုၣ်ဒီးထံ-နကသံၣ်သရၣ်ကဒူးသ့ၣ်ညါန့ၣ်မ့ၢ်န့ၣ်လိၣ်အိၣ်အိၣ်လီၤဆီအဂီၢ်ါါလီၤ.
- တံၢ်အိၣ်အိၣ်ယုၣ်ဒီးတံၢ်အိၣ်သ့လီၤ.
- တံၢ်မၤန့ၢ်အိၣ်သ့လၢအပူၤဘၣ်ယုၣ်ဒီးမံၤဒဲအဲကးမ့တမ့ၢ်ခါဖဲရှၢၣ်ကးဒဲအမ့ၢ်တံၢ်ကွၢ်ထွဲဆူၣ်ချ့အကးအသိးန့ၣ်သ့လီၤ. အပူၤန့ၣ်, နကဘၣ်ဟ့ၣ်အပူၤပုၤပုၤန့ၣ်လီၤ. ကတီၢ်တံၢ်ဒီးနကသံၣ်သရၣ်မ့တမ့ၢ် ပုၤဖိၣ်ကသံၣ်ကသီဘၣ်ယုၣ်ဒီးအပူၤ-တံၢ်မၤန့ၢ်စ့ၢ်ကိးအိၣ်ကသ့လၢလီၤကျါခိၣ်ဖဲတံၢ်မ့ၢ်ပူၤအိၣ်လၢကီၢ်ါါချါအခါန့ၣ်လီၤ.

## တံၢ်အရ့ၣ်ဒိၣ်လၢကဘၣ်သ့ၣ်နီၣ်ထီၣ်-

- ကသံၣ်ကသီတဖၣ်အံၤညီန့ၣ်မ့ၢ်ဒိတစံၤသးတံၢ်သ့အိၣ်အဂီၢ်, ဒဲတံၢ်အိၣ်ဆူၣ်အိၣ်ချ့တံၢ်အိၣ်သးအယံၣ်အထၢအဂၤတဖၣ်အသိးလီၤ.
- အိၣ်တနံၤတဖျၢၣ်ကိးနံၤဒဲလၢတံၢ်ဆါကတီၢ်တခါမိအပူၤယုၣ်ဒီးထံတက့ၢ်
- နသးပူၤနီၣ်အိၣ်ကသံၣ်တဖျၢၣ်န့ၣ်ခါ အိၣ်ကသံၣ်လၢနသးပူၤနီၣ်အိၣ်အိၣ်ဖဲအဆိအချ့ဖဲန့ၣ်နီၣ်ထီၣ်အိၣ်ကမ့ၢ်ဒဲဝဲတနံၤယီသ့လီၤ. ဝံၤတစု, အိၣ်ဘၣ်ကသံၣ်ဒဲန့ၣ်န့ၣ်အိၣ်အိၣ်တဖၣ်လၢလီၤခဲတနံၤန့ၣ်တက့ၢ်.
- တဘၣ်အိၣ်ကသံၣ်အိၣ်ဘျီဂီၢ်လၢတကတီၢ်မိအပူၤမ့တမ့ၢ်လၢတနံၤယီအပူၤတဂ့ၤ
- တဘၣ်နီၤဟ့ၣ်လီၤအိၣ်ကသံၣ်ယုၣ်ဒီးပုၤအဂၤ, ဒဲအမ့ၢ်နဟံၣ်ဖိမိမ့တမ့ၢ်တံၢ်သကိးတဖၣ်န့ၣ်တဂ့ၤ.
- ကသံၣ်တဖၣ်အံၤတံၢ်ကဲထီၣ်သးခိဖျိတံၢ်အိၣ်ကသံၣ်အယိန့ၣ်အိၣ်ထဲအစုန့ၣ်လီၤ. ပုၤတနီၤနီၤကတူၢ်ဘၣ်ခိၣ်သ့ၣ်ပံၤဆါတဆဲးတက့ၢ်, သးကလဲၣ်, တံၢ်ဘျးသး, ဒဲန့ၣ်တဖၣ်, ဖဲစးထီၣ်အိၣ်ကသံၣ်န့ၣ်လီၤ. နတံၢ်ဆါပနီၣ်မ့ၢ်အိၣ်လၢကဒူးကီၢ်ဒူးဂီၤန့ၣ်, တဘၣ်ပတုၣ်ကသံၣ်တဖၣ်လၢတအိၣ်ဒီးတံၢ်ကတီၢ်ဆဲးတံၢ်ဒီးနကသံၣ်သရၣ်မ့တမ့ၢ်သရၣ်မ့ၣ်မ့ၣ်ကွၢ်ပုၤဆါန့ၣ်တဂ့ၤ.
- မၤလီၤတံၢ်ဒဲသိးနကသံၣ်တဖၣ်သ့တလၢဒဲန့ၣ်တဂ့ၤအဂီၢ်-တံၢ်ပတုၣ်ဒီးစးထီၣ်အိၣ်ကသံၣ်တဖၣ်ကဒူးကဲထီၣ်တံၢ်ဂုၢ်ကီၢ်အိၣ်အမ့ၢ်လၢနသ့ၣ်ဒီးတံၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်သ့လီၤ. နကသံၣ်မ့ၢ်လၢန့ၣ်ဆဲးကျါဒီးနကသံၣ်သရၣ်မ့တမ့ၢ်သရၣ်မ့ၣ်/သရၣ်ကွၢ်ပုၤဆါတဘျီမိတက့ၢ်.
- တဘၣ်ပတုၣ်ကသံၣ်တဖၣ်ဖဲန့ၣ်တံၢ်အိၣ်အခါတဂ့ၤ, အဒိဖဲတံၢ်ဘျီတံၢ်ဘါရါမဒါ(Ramadan)အခါမ့တမ့ၢ်မ့ၢ်အိၣ်ကသံၣ်အဂၤဒဲကသံၣ်မၤသံတံၢ်တဖၣ်, ဒဲန့ၣ်အသိးလီၤ. နမ့ၢ်တလီၤတံၢ်ဘၣ်န့ၣ်ဘၣ်န့ၣ်, သံကွၢ်နကသံၣ်သရၣ်, သရၣ်မ့ၣ်/သရၣ်ကွၢ်ပုၤဆါ, မ့တမ့ၢ်ပုၤဖိၣ်ကသံၣ်ကသီ တက့ၢ်.
- တၢ်ပိၣ်ဒီးနကသံၣ်သရၣ်တချူၤန့ၣ်လၢတံၢ်ကွၢ်တံၢ်ဒီးဘၣ်ခိဖျိနကလိၣ်ဘၣ်ကသံၣ်လၢလၢလီၣ်လိၣ်ဖဲနဟးယံၣ်အခါန့ၣ်လီၤ. နကလိၣ်ဘၣ်လံၣ်ပရၢလၢနကသံၣ်သရၣ်အအိၣ်လၢကစိၣ်ကသံၣ်တဖၣ်ဆူၣ်ထံကီၢ်အဂၤတဘျီအဂီၢ်န့ၣ်လီၤ.

## 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.