

- Fanya vipimo vyako vya mara kwa mara ikiwa ni pamoja na vipimo vya damu na uchunguzi wa skeni (ultrasound) kama ilivyoagizwa na daktari au muuguzi wako.
- Mjulishe daktari wako kabla ya kutumia dawa za asili au za kitamaduni au dawa zingine zozote. Zinaweza kuathiri dawa zako za hepatitis (homa ya maini) B.

Vidokezo vya kuchukua dawa:

- Weka kengele kwenye simu yako ili kukukumbusha kunywa dawa kwa wakati mmoja kila siku.
- Zungumza na mfamasia wako kuhusu pakiti ya Webster pak(kifurushi cha dawa kilichopangwa tayari) ikiwa unatumia dawa nyingine kwa nyakati tofauti.
- Uliza mfamasia wako akuwekee agizo lako (prescription) na akukumbushe inapohitajika kujazwa tena (kupata zaidi).
- Madaktari, wauguzi, au wafamasia wanaweza kupata huduma za mkalimani bila malipo ikiwa unahitaji usaidizi wa lugha.
- Je, huna Kadi ya Medicare? - Unaweza kupata dawa mtandaoni kutoka ng'ambo.

- 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.



Jina la Daktari/Wauguzi wako:	
Jina la Kliniki yako:	
Nambari ya Simu ya Kliniki:	

Wasiliana nasi

Kwa habari zaidi unaweza kuwasiliana na Love Health - Hepatitis, VVU/UKIMWI na Mpango wa Afya ya Ngoni katika Baraza la Jumuiya za Kikabila la Queensland (The Ethnic Communities Council of Queensland - ECCQ) kwenye **3844 9166, health@eccq.com.au** au nenda kwa

Taarifa katika karatasi hii ni aina ya jumla. Mtaalamu wako wa afya atakushauri maagizo mahususi yanayohusiana na mahitaji yako binafsi ya afya. Imechapishwa Aprili 2024

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/bb**



Ethnic Communities Council of Queensland



Gastroenterological Society of Australia

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

Jinsi ya Kutumia Dawa ya Hepatitis B nchini Australia.

How to Take Hepatitis B Medication in Australia



Entecavir:

- Wakati mwingine huitwa kwa majina ya chapa yake ya sasa Apotex au Mylan.
- Lazima uwe na maagizo halali ya daktari au muuguzi ili ununue kwenye duka la dawa.
- Meza kidonge kimoja mara moja kwa siku pamoja na maji – daktari wako atakujulisha ikiwa unahitaji kipimo tofauti.
- Unahitaji kuchukua dawa hii kwenye tumbo tupu - usile kwa saa 2 kabla na saa 2 baada ya kutumia dawa.
- Watu wengine wanaona ni rahisi kutumia kidonge kwanza asubuhi, na kisha kula kifungua kinywa saa 2 baadaye; au kumeza kabla ya kwenda kulala usiku (usile kwa saa 2 kabla).
- Inapatikana kwa gharama ya chini ukiwa na Kadi ya Medicare au Kadi ya Punguzo (Concession) kama vile Kadi ya Huduma ya Afya.
- Inapatikana kwa agizo (prescription) ya kibinafsi (bei kamili) ikiwa huna Kadi ya Medicare. Tafadhali jadili gharama na daktari wako au mfamasia.

Tenofovir Disoproxil Fumarate (TDF):

- Wakati mwingine huitwa kwa jina la chapa yake la sasa - Viread.
- Lazima uwe na maagizo halali ya daktari au muuguzi ili ununue kwenye duka la dawa.
- Meza kidonge kimoja mara moja kwa siku pamoja na maji – daktari wako atakujulisha ikiwa unahitaji kipimo tofauti.
- Inaweza kuchukuliwa na chakula.
- Ni salama kutumia wakati wa ujauzito.
- Inapatikana kwa gharama ndogo ukiwa na Kadi ya Medicare au Kadi ya Punguzo (Concession) kama vile Kadi ya Huduma ya Afya.
- Inapatikana kwa agizo (prescription) ya kibinafsi (bei kamili) ikiwa huna Kadi ya Medicare. Tafadhali jadili gharama na daktari wako au mfamasia.



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):

- Wakati mwingine huitwa kwa jina la chapa yake la sasa - Vemlidy.
- Lazima iwe na maagizo halali ya daktari.
- Meza kidonge kimoja mara moja kwa siku pamoja na maji – daktari wako atakujulisha ikiwa unahitaji kipimo tofauti.
- Inaweza kuchukuliwa na chakula.
- Haipatikani kwa sasa kwa gharama ndogo nchini Australia hata kama una Kadi ya Medicare au Kadi ya Punguzo (Health Care) kama vile Kadi ya Huduma ya Afya, kwa hivyo, utalipa bei kamili. Zungumza na daktari wako au mfamasia kuhusu gharama - pia inaweza kupatikana mtandaoni kwa ununuzi kutoka ng'ambo.

Mambo muhimu ya kukumbuka:

- Dawa hizi kwa ujumla ni za matumizi ya muda mrefu ya maisha, kama vile magonjwa mengine sugu.
- Meza kidonge kimoja kila siku kwa wakati mmoja pamoja na maji.
- Je, umekosa kumeza kidonge? Meza kidonge ambacho umekosa haraka iwezekanavyo unapokumbuka ikiwa ni siku hiyo hiyo. Kisha, chukua kidonge chako kama kawaida siku inayofuata.
- Usichukue dozi 2 kwa wakati mmoja au siku moja.
- Usishiriki dawa zako na watu wengine, kama vile wanafamilia wako au marafiki.
- Dawa hizi zina madhara machache sana. Watu wengine wanaweza kupata maumivu ya kichwa kidogo, kichefuchefu, uchovu nk., wakati wa kuanza dawa. Ikiwa una dalili zinazokusumbua, usiache kutumia dawa bila kwanza kuzungumza na daktari wako au muuguzi.
- Hakikisha usiishiwe dawa; kuacha na kuanza dawa kunaweza kusababisha matatizo makubwa kwa ini na afya yako. Dawa zikiisha basi wasiliana na daktari wako au muuguzi mara moja.
- Usiache kutumia dawa ukiwa umefunga kwa mfano, wakati wa Ramadhani au unapotumia dawa nyinginezo kama vile antibiotika n.k. Ikiwa huna uhakika, muulize daktari wako, muuguzi, au mfamasia.
- Jadili na daktari wako kabla ya kusafiri kwani unahitaji dawa za kutosha ukiwa mbali. Huenda ukahitaji barua kutoka kwa daktari wako ili kubeba dawa katika nchi nyingine.

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.