

Do you have any questions?
CLAT* has the answers

***Centre for the Fight**

Against Tuberculosis

Tuberculosis

Information for patients

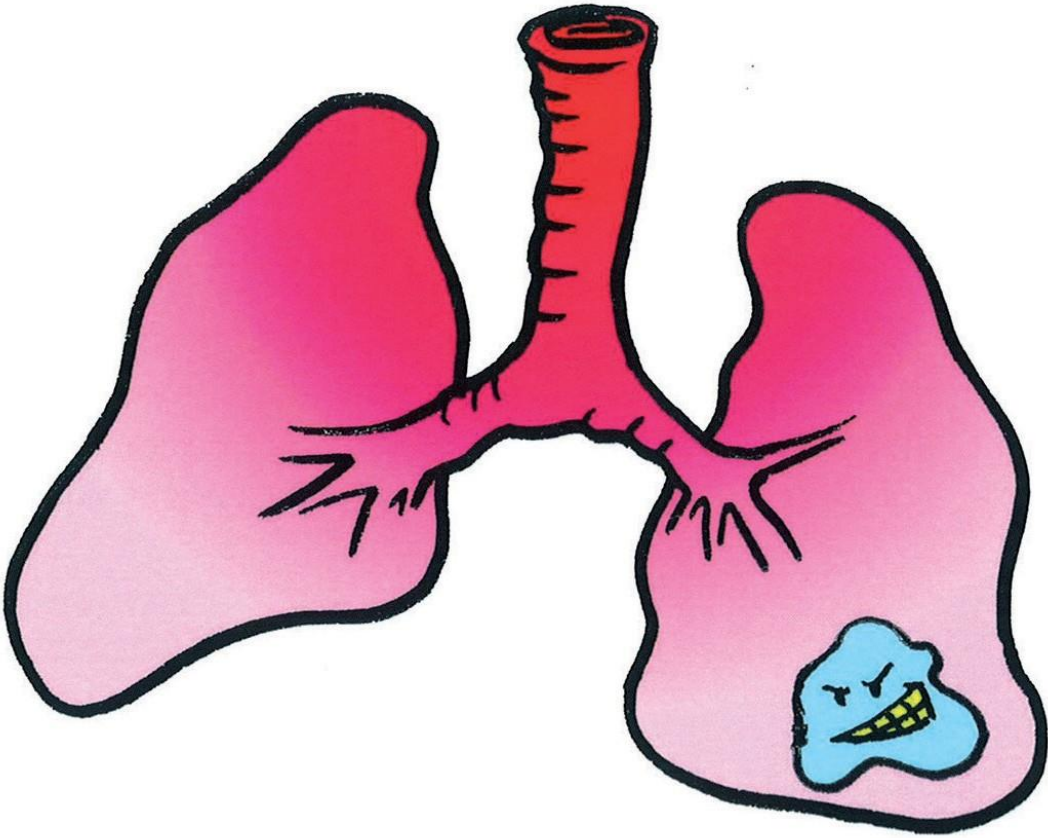


ABOUT TUBERCULOSIS

Tuberculosis is an infectious disease caused by a germ: Koch's bacillus or KB.

It mainly affects the lungs, but sometimes other organs as well.

This disease is treated with antibiotics.



THE SIGNS



Coughing



Coughing up blood



Night sweats



Losing weight



Fatigue



Fever

Comment: You can have tuberculosis and only have one of these symptoms, or you may have other symptoms depending where in your body you have the disease.

The Koch bacillus (KB) is a bacterium, which we fight with antibiotics. The treatment is long: minimum six months. At the beginning, you will take three or four medications, then after a few months the treatment will be reduced.

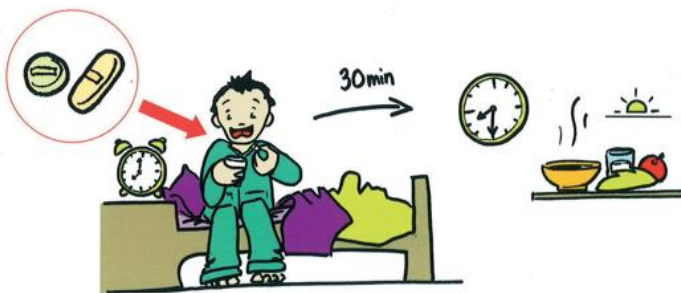
Taking the treatment:

The treatment is effective only if it's taken:

- Every day, **without interruption**;
- On an empty stomach;

The treatment must not be stopped or reduced without medical advice, even if you experience side effects.

If treatment is stopped or not taken correctly, the tuberculosis **may not be cured** and most importantly the bacillus may become **resistant** to the usual medicaments which become less effective. Then other treatments need to be used, which are longer and more complicated.



1. Take the medications when you wake up, on an empty stomach
2. Wait 30 minutes before eating



3. Eat normally during the day



4. Drinking alcohol is dangerous

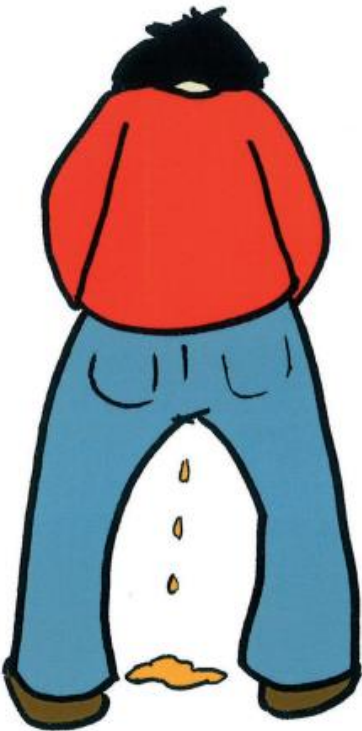


5. Don't eat anything during the night

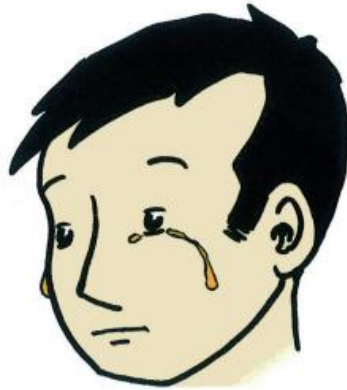
Main side effects of the treatment:

- tears and urine turn orange;
- contraceptive pill stops working;
- risk of impaired liver function;
- risk of visual disturbances;
- digestive troubles at the start of the treatment;
- in rare cases, may cause skin rashes.

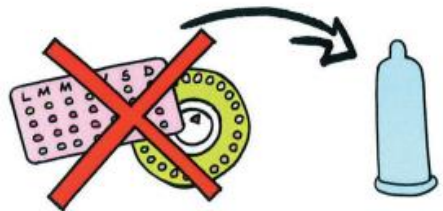
If the side effects get worse, contact the CLAT.



Orange urine



Orange tears



The Pill won't protect you

Medical monitoring:

- monthly medical consultation;
- blood tests;
- eye test.

Regular X-rays allow us to check the effectiveness of the treatment



Come to a consultation

Have a blood test in a laboratory to check your liver function



Social monitoring:

Tuberculosis is a chronic illness, *une affection longue durée* (ALD).

The doctor therefore asks the authorities to cover 100% of the costs, so that all your care, examinations and treatment connected with this disease will be free.

If you don't have any social security cover, you can meet with a social worker who will help you regularise your situation.

The Centre for the Fight Against Tuberculosis (CLAT) provides medical monitoring and free anti-tuberculosis medications to people without social cover.

TRANSMISSION OF THE DISEASE

Tuberculosis (TB) is only transmitted through the air; physical contact and the sharing of different everyday objects are not dangerous.

This means that most patients suffering from TB are hospitalised until they are no longer contagious. Those who are not contagious must, to protect the people around them, wear a **mask** (for 3 weeks to a month following the start of their treatment) and **air rooms regularly** unless they are suffering from a “non-contagious” extra-pulmonary form of TB.

Before treatment, it is thought that patients are **contagious** for on average 3 months before being diagnosed.

This is why an **enquiry** is carried out by the **CLAT**, with your consent and with your help.

It allows us to keep an eye on the people who were in contact with you and to screen them for the disease. A nurse from the **CLAT** supports you in this process.

People are selected for screening according to the following criteria:

- **duration** and **proximity** of contact with the person with TB,
- **confinement** of the room in which the contacts took place.

The information collected is protected by medical confidentiality.

Because the fight against tuberculosis is a public health action, screening at the **CLAT** is free for everyone.



Coughing and sneezing



Talking (spittle)



Air rooms



Wear a mask

DO YOU HAVE A QUESTION?

- Which doctor will be treating me?
- How long does the treatment last? When should I take it?
- What should I do if I experience side effects?
- I've run out of medication, and I don't see the doctor for another week. What should I do?
- I forgot to take my treatment for one day.
- Where do the examinations take place (X-rays, blood tests etc.)?
- I don't have any social cover: do I need to pay for the medications and examinations ?
- What should I do if I receive a bill from the hospital?
- How long before I can leave my home and go out?
- Will everyone know I have tuberculosis?
- My family and friends are afraid: do I have to stay in quarantine?
- Who can screen my family and friends?
- Do I have to pay for the screening of my family and friends?
- What happens about my work?

For answers to all these questions and plenty more, contact the CLAT.

The Centre for the Fight Against Tuberculosis is there to support you throughout your care

How do I get to the CLAT?

At the Arnaud de Villeneuve Hospital, Pneumology Department.



The CLAT team:

Dr J. CHARRIOT, pneumologist and director

Dr C. COVAS

Dr S DUTRON

Nursing team; Elodie BOUSQUET, Hélène BRUGIERE and Stéphanie JUSTET

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Medical consultations on Tuesdays and Thursdays by appointment



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