



WANT TO KNOW MORE?

Are you unsure if you are taking the right medicine, are you getting symptoms from taking the medicine, or do you have questions about the treatment? If so, contact your GP or the infectious disease control doctor or nurse at the **Department of Care** in your province:

- Antwerp: 02 553 08 92
- Limburg: 02 553 08 93
- East Flanders: 02 553 08 94
- Flemish Brabant: 02 553 08 93
- West Flanders: 02 553 08 94

You can also contact the nurse of the **Flemish Association for Respiratory Health Care and Tuberculosis Control (VRGT)** in your province:

- Antwerp
Berchem: 03 287 80 10 - Turnhout: 014 41 13 62
- Brussels: 02 411 94 76
- Limburg: 011 22 10 33 (Hasselt)
- East Flanders: 09 225 22 58 (Ghent)
- Flemish Brabant: 016 79 09 92 (Leuven)
- West Flanders
Ostend: 059 79 02 58 - Kortrijk: 059 79 02 57

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Medicines can sometimes cause **side effects**. The following side effects are possible:

- liver problems with or without jaundice
- Fatigue
- headache, dizziness
- concentration problems
- itching with or without a rash
- gastrointestinal complaints

Discuss any side effects with the (family) GP who prescribed the medication. The drug Rifampicin makes body fluids turn increasingly orange. This is nothing to worry about, the orange discolouration is a normal reaction and is harmless.

Always remain alert for symptoms such as:

- prolonged coughing
- weight loss
- night sweats
- reduced appetite
- feeling generally unwell
- deterioration of general condition
- chest pain.

If the symptoms persist, see your doctor.



Department of Care
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Vlaanderen
is zorgzaam en
gezond samenleven

INFECTED WITH TUBERCULOSIS

but not sick

**DEPARTEMENT
ZORG**

departementzorg.be



INFECTED BUT NOT SICK

Positive skin test

You recently had a tuberculin skin test to see if you are infected with the bacteria that can cause tuberculosis.

The skin test was positive. That means you are infected. The test may also be positive if you have been vaccinated against tuberculosis in the past.



Some countries still vaccinate against tuberculosis. This does not offer complete protection for life. It is then difficult to interpret a positive tuberculin skin test, and you should discuss this with your GP.

Negative lung X-ray.

In addition, you also had a lung X-ray taken to assess whether your lungs are affected. Indeed, tuberculosis is primarily a pulmonary disease.

No abnormalities are currently visible in the X-ray. That means you are not sick right now. You are not infectious to your immediate environment either.

WHAT MEDICATION DO I HAVE TO TAKE?



There is a big difference between being infected with the tuberculosis bacteria and actually being sick.

90% of infections never result in illness. The body responds to an infection by producing antibodies. That is how the body protects itself. This can often prevent the onset of actual illness. However, these antibodies are sometimes not enough to keep you from developing tuberculosis.

If you test positive, medication is advisable to prevent you from getting sick. Discuss this with your general practitioner.

In most cases, this will be isoniazid (brand name Nicotibine®) and/or rifampicin (brand name Rifadine®). These medicines are available free of charge on prescription.

CAN I TAKE OTHER MEDICATION DURING MY TREATMENT?

Always tell your GP what other medication you are taking. Also if you use contraception (such as the pill). The medication makes the pill less effective. You may then get pregnant.

WHAT DO I NEED TO WATCH OUT FOR WHEN TAKING MEDICINE?

It is important that you take the medicine every day for the prescribed period (which is often long term). Otherwise, the treatment will not be effective and the bacteria may become immune to the medication.

- It is best to take the medicine on an empty stomach at a set time, once a day.
- The medicine comes in the form of tablets, powder or a drink.
- For young children, the medicine can be taken about 30 minutes before breakfast with a spoonful of grenadine.
- During your treatment, it is best not to drink alcohol because it can have an adverse effect on your liver.
- Some people are hypersensitive to the sun when they take the medicine. It is therefore recommended not to sit in the sun for long periods of time.
- Do not change your medicine yourself without consulting your GP.

