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# Medication diary

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Tokyo Metropolitan Government

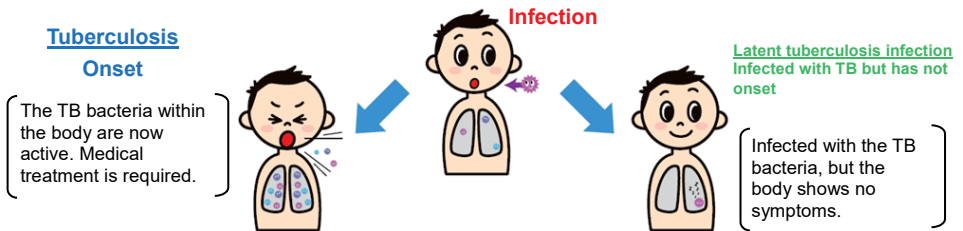
# 1. Treatment for Latent Tuberculosis Infection (LTBI)

## What is LTBI?

- LTBI happens when TB bacteria have infected the body and remain within the body, but no tuberculosis symptoms are seen. However, there is a possibility that TB will develop in the future.
- There is no risk of infecting others and you do not need to be absent from school or work.
- It is important to treat LTBI with medication to reduce the risk of onset (but this cannot be completely eliminated.)

## Difference between tuberculosis infection (TBI) and the development of active TB

- Infection: TB bacteria have entered the body and remain there without manifesting as a disease. There is no risk of infecting others.
- Onset: The TB bacteria within the body have become active and are causing abnormalities and symptoms. As the disease progresses, the patient's phlegm contains a large amount of TB bacteria; this can infect many people.



## Treatment

- Generally, take one tablet of Isoniazid (INH) once a day for six or nine months.
- If Isoniazid is ineffective against the TB bacteria, taking one tablet of Rifampicin(RFP) once a day will be prescribed for four or six months instead.
- Treatment is subject to the medical expenses public funding policy for TB. HOKENJO (Public Health Center) is the application window for public funding.
- To ensure proper treatment of LTBI it is important to take your medication regularly during the designated period.
- If you forget to take your medication or just stop taking it, you will not be able to prevent developing TB, and this also creates drug-resistant bacteria.

Medication period (months)	2	4	6	9
Isoniazid				
or				
Rifampicin				

## 7. For Patients who Have Completed Their LTBI Treatment

End date of medication and treatment Y      M      D

Well done! You have successfully completed this long treatment course. Excellent job! Take good care of yourself.

Please remember even after your treatment is completed, tuberculosis(TB) could develop in the future. If you notice any symptoms and suspect an onset of TB, visit a medical institution immediately. When you see a doctor, notify them of your previous treatment for LTBI.

In addition, HOKENJO (Public Health Center) may review your health examination results for two or three years after the end of treatment. For more details, contact HOKENJO (Public Health Center).

If there is any change to your address or contact information during this period, notify HOKENJO (Public Health Center) of your new contact information.

### 【Record of health examination results after the end of treatment】

Scheduled date	Actual date	Health examination and result	Conducted institution
Y   M   D	Y   M   D	Chest X-ray test: Positive, Negative (Special notes)	
Y   M   D	Y   M   D	Chest X-ray test: Positive, Negative (Special notes)	
Y   M   D	Y   M   D	Chest X-ray test: Positive, Negative (Special notes)	
Y   M   D	Y   M   D	Chest X-ray test: Positive, Negative (Special notes)	
Y   M   D	Y   M   D	Chest X-ray test: Positive, Negative (Special notes)	
Y   M   D	Y   M   D	Chest X-ray test: Positive, Negative (Special notes)	

# For patients having a Tuberculosis Examination



Tokyo Metropolitan Government Bureau  
of Social Welfare and Public Health

## What is Tuberculosis?

Tuberculosis (TB) is a disease caused when tuberculosis bacteria enter the body. When anyone with TB coughs or sneezes, the bacteria are dispersed into the air. Anyone breathing in these airborne bacteria may be infected.

In the early stages of TB, the symptoms are coughing, phlegm, and fever and similar to the common cold. Therefore, it may take some time before a diagnosis of TB can be made. If your cough lasts for more than two weeks, visit a medical institution such as a hospital, clinic, etc. It does take time to treat TB once it develops, however, it is no longer an “incurable disease.” If you are a family member or a friend of the patient, support him/her because patients often feel vulnerable.



# 4

## What Tests are Conducted in an Exposed Person Examination?

In the Exposed Person Examination, the types of tests and date will be decided and carried out based on the patient's disease condition, and the age and health condition of the people being examined, and the characteristics of each test.

### 1) IGRA examination

A blood sample is taken and examined for tuberculosis infection.

If your immune system is weak, the test results may not be clear. Even though a person has been infected, for a period of eight weeks after infection, the test results will not show positive.

### 2) Tuberculin skin test

Tuberculin is injected and after 48 hours reddening of the skin measured.

The test checks for the presence of a TB infection.

This test is conducted generally on preschoolers under six years of age.

The reaction may be bigger if the child has received a BCG vaccination.

For a period of eight weeks after infection, the test results will not show positive.

For infants and others, who have not received a BCG vaccination and there is a consequent risk of a severe case of TB developing, LTBI treatment may be started (see the next page) despite a negative test result.

### 3) Chest X-ray examination

This is a chest x-ray examination to check for the onset of tuberculosis.

Those who do not have the IGRA examination will first take this examination.

Y            M            D

## Questionnaire

X-Ray Number
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Name	Male	Female
Nationality	Date of Entry into Japan    Y            M            D	

Please answer the following questions. Circle those that apply and fill out the form.

1. Do you have any of the following symptoms?

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"> <li>·Cough</li> <li>·Phlegm</li> <li>·Fever</li> </ul> | <ul style="list-style-type: none"> <li>·Chest pain</li> <li>·Night sweats</li> <li>·Weight loss</li> </ul> | <ul style="list-style-type: none"> <li>·Loss of appetite</li> <li>·Feeling of fatigue</li> <li>·Other</li> </ul> |
|---|--|--|

2. When did you last have a chest x-ray examination?

M: (            )    D: (            )    Y: (            )  
 Results    - Normal    - Abnormal

3. Have your previous chest x-rays shown any abnormalities?

→    - No            - Yes

4. Have you had a BCG vaccination?

→    - No            - Yes

5. What was the result of your last tuberculin skin test?

- Positive    - Negative    - Unknown

6. Have you ever had any previous serious illnesses (or operations)?

- No            - Yes → Please describe \_\_\_\_\_

7. Are you currently receiving medical treatment?

- No            - Yes → Please describe \_\_\_\_\_

8. Presence or absence of tuberculosis history

- None            - Yes → Did you take tuberculosis medication?

Which medication did you take? \_\_\_\_\_

9. Presence or absence of your family history of tuberculosis

- None            - Unknown    - Yes → Please choose. Father / Mother /  
 Brother or Sister / Uncle or Aunt / Child /  
 Grandfather or Grandmother / Other \_\_\_\_\_

10. Are you pregnant?

→    - No            - Unknown    - Yes \_\_\_\_\_ Weeks