

TBC

Informatie in het Engels

Naar het ziekenhuis? Lees eerst de informatie op www.asz.nl/brmo.

**albert
schweitzer**

Introduction

Your doctor has told you that you have been diagnosed with tuberculosis or suspected tuberculosis. Like all other Dutch hospitals, Albert Schweitzer hospitals takes extra measures to prevent the spread of this disease. This leaflet provides more information about tuberculosis (TB) and how it is treated.

TB

TB is an infectious disease caused by a bacterium (*Mycobacterium tuberculosis*). Pulmonary tuberculosis is the most common form of TB. This form can be contagious where the bacterium is found in the lining of the lungs. It is known as 'active tuberculosis'. The bacterium will sometimes spread through the blood or lymphatic system to other parts of the body. This form is rarely contagious.

Symptoms

You may experience the following symptoms:

- Coughing up sputum.
- Loss of appetite.
- Weight loss.
- Chest pain.
- Fever.
- Night sweats.
- Fatigue.

Testing

TB can be diagnosed by:

- An injection under the top layer of skin (Mantoux test).
- A blood test.
- An X-ray.

- A sputum culture (phlegm coughed up from the lungs).
- An examination of stomach contents after fasting.

Treatment

You will be prescribed various medicines in the form of tablets. You will have to take them for at least six months. It is important that you take the tablets every day. If you do not, there is a risk that the TB will come back.

Contagiousness

Active TB is usually spread through the air. Droplets containing the bacterium are released into the air when a person with TB of the lungs coughs, sneezes, speaks or sings. People who inhale those droplets may become infected.

Consequences inside a hospital

Active TB can cause serious problems in a hospital, where many people are in close proximity to each other, increasing the risk of infection spreading to others. In addition, many patients will have lowered resistance, making them more susceptible to infections. At the hospital, we try to prevent the spread of TB by caring for patients who have or might have the disease in isolation rooms.

No isolation measures will be needed if you have a non-contagious form of TB.

Isolation measures

The following measures are taken in the hospital to prevent others from being infected:

- You will be cared for in an isolation room. This is a single-occupancy room with an air lock (space between the corridor and the room).
- Hospital staff will wear face masks when they examine or care for you.
- Having TB does not mean your tests or treatments will be cancelled. However, additional measures will be required to prevent the spread of infection to other patients. This could mean your appointment being moved to the end of the day.

Visits

Visitors must report to your nurse.

The nurse will explain to visitors the measures they need to take.

- The prior agreement of the doctor treating you will be required for children under the age of 12 to be allowed to visit.
- People with a weakened immune system and children under the age of five are advised not to visit.
- Visitors must disinfect their hands using hand sanitiser in the air lock before and after visiting.
- All visitors must wear a face mask.
- If someone is visiting more than one patients, the patient with TB must be visited last.
- Visitors must leave the hospital without delay after visiting a patient.

Additional measures

It is important that you adhere to proper coughing etiquette inside and outside the hospital and take your medicines daily as prescribed. Proper coughing etiquette means turning your head away and covering your mouth with a paper tissue when you cough. Make sure you dispose of the tissue immediately after use. The Municipal Health Service's local Tuberculosis Control department will determine whether any additional measures need to be taken during the contagious phase.

Termination of isolation in hospital

If you have active TB, the isolation measures may be lifted after two weeks of treatment. If you are suspected of having TB, the measures will be lifted once tests show that you do not have the disease.

To conclude

We realise that you may find some of these measures annoying, but hope you will understand the need for them. Do not hesitate to ask your doctor or nurse if you have any further questions while you are in the hospital.

If you have any questions after being discharged from hospital, feel free to call staff at the Pulmonology outpatient clinic on (078) 652 33 28. We are available from Monday to Friday between 09:00 and 12:00 and between 13:00 and 16:30. We'll be happy to assist you. Please use the same number if you want to make or reschedule an appointment with the Pulmonology outpatient clinic.

Albert Schweitzer ziekenhuis

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