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Yintoni eya kwenzeka xa ndineTB?

I-TB sisifo esinobuzaza kakhulu, kodwa inganyangwa uphile ngokupheleleyo.

Loluphi unyango endiya kulufumana?

- Unesi/ugqirha weTB nguye oya kugqiba ukuba lunyango luni na oya kulufumana, oko kuya kuxhomekeka kudidi lweTB onayo.
- Kuya kufuneka usele iipilisi yonke imihla, iintsuku ezisi-7 ngeveki ukususela ngoMvulo ukuya kutsho ngeCawe, ngokuxhomekeke kubunzima bakho, uzisele kangangeenyanga ezi-6 ubuncinane ukuze ziyinyange i-TB. Ukuba uneTB engawevayo amayeza (drug-resistant TB), kufuneka usele amayeza akho iinyanga ezili-9 nangaphezulu.
- Kuya kumana kuhlolwa izikhohlela zakho ukuze kuqinisekwe ukuba unyango lweTB luyasebenza.

Ingaba umzimba wam ungangangqamani namayeza onyango (side effects)?

- Ngamanye amaxesha unyango lweTB lungabangela ukuba umzimba wakho ungangqamani namayeza eTB. Ubukhulu becala, ukungangqamani komzimba namayeza akukhe kuze ngamandla, kwaye udla ngokuba umzimba uhamba uhambe uqhelane neyeza ekubudeni bexesha.
- Ukuba ngaba ukungangqamani kwamayeza nomzimba kuya kukhathaza, mazise kwangoko unesi / ugqirha wakho weTB ngaphambi kokuba wenze isigqibo malunga nokuyeka unyango.
- Unesi /ugqirha wakho uya kukunika inkxaso ekubeni uwasele amayeza akho kananjalo unyangelwe nale ngxaki yokungqamani komzimba wakho namayeza owaselayo. Ngabo abaya kukunika amanye amayeza xa la ubuwasebenzisa ekuphatha kakubi kakhulu.

Zigcine uphilile ngokugcina iiapoyintimenti zakho

- Kubalulekile ukugcina zonke iiapoyintimenti zakho zaseklinikhi.
- Kubalulekile ukuceba indlela yokuba uza kuya njani na eklinikhi ucinge nangezinto ezingakuphazamisa ude ungayi eklinikhi.
- Mazise unesi weTB ahlale esazi xa ugula kakhulu ude ungakwazi nokuya eklinikhi okanye xa kuthe kwenzeka into ekwenza ungakwazi ukuya eklinikhi.
- Qinisekisa ukuba unayo inombolo yefowuni yaseklinikhi ukuze ukwazi ukubatsalela ubazise ukuba awuzukwazi ukuya eklinikhi.
- Zama ukuya eklinikhi ungavele uhlale ungayi ungaxelelanga mntu.

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Ndinako ukutsiba ndingaziseli iidosi zam ezimbalwa okanye ndisuke ndiluyeke kwangoko unyango?

- Hayi! Ukuyeka kwangoko kakhulu okanye ukungawaseli ngokuchanekileyo amayeza akho kwenza ukuba ibhakthiriya yeTB ihlale iphila, ze yenze ukuba imeko yempilo yakho yeTB ingeva lunyango. Oku kwenza kube nzima ukuba inyangeke iTB.
- Unesi/ ugqirha wakho weTB uya kuyiqwalasela imeko yakho ukuze abone ukuba ayasebenza na amayeza, aze enze isigqibo sokuba akuyekise ukusela ezinye iipilisi okanye akuyekise zonke.
- Buza kunesi/kugqirha wakho ngaphambi kokuba usebenzise amayeza okuzinyanga owathenga evenkileni okanye koosiyazi (traditional healer) – oko kungaphazamisana namayeza anyanga iTB.

Kuya kwenzeka ntoni ukuba ndiwasela kakuhle amayeza am eTB?

- Uya kuqalisa ukuziva ungcono noko.
- Buya kuqalisa nokunyuka ubunzima bomzimba wakho.
- Uya kuziva uphilile noko.
- Izikhohlela zakho kufuneka zibuye zingenanto.
- Uya kuba ukhusela abantu obathandayo bangosuleleki.
- Uya kutsho ukwazi ukubonakala ekhaya/nokuya esikolweni.

Yiya esibhedlele ngokukhawuleza xa:

- Uphefumla ngokukhefuzela de ungakwazi ukuthetha kakuhle.
- Ukhohlela igazi elininzi.
- Isikhumba namehlo akho ajike abe atyheli.
- Ugabha liphume lonke iyeza.
- Ugubhukile ebusweni kwaye nomlomo lwakho utyabukile.

Into onokuyenza xa uza kuba nohambo

- Kukuzama ukuhlala kule ndawo ukuyo de ube ulugqibile unyango.
- Kukuba uhambo lwakho luthathe ixesha elingaphantsi kweenyanga ezimbini.
- Kukumazisa unesi weTB eklinikhi ucele amayeza aya kulanela ixesha oza kube ungekho ngalo ekhaya.
- Ungaze uyeke ukusela amayeza akho eTB.
- Ikhadi lakho lokufumana unyango malisoloko likuwe rhoqo khon'ukuze ukwazi ukufumana amayeza nakwenye iklinikhi xa kukho imfuneko.
- Ukuba uza kuba nohambo oluya kuthatha ngaphezu kweenyanga ezimbini.
- Mazise unesi weTB igama leklinikhi okanye indawo oya kuyo ngaphambi kokuba uhambe.
- Cela incwadi yogqithiselo kunesi weTB.
- Yiya nekhadi lakho leTB kwiklinikhi yale ndawo uza kube ukuyo ukuze ufumane amayeza akho eTB.

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