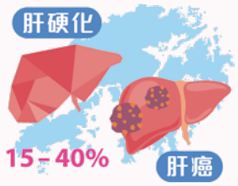
乙型肝炎
口服抗病毒藥物治療
Oral Antiviral Treatment for Hepatitis B

控制病毒性肝炎辦公室 Viral Hepatitis Control Office
衞生防護中心 Centre for Health Protection
衞生署 Department of Health

乙型肝炎

乙型肝炎是香港常見的肝病。百分之十五至四十的慢性乙型肝炎患者長遠會出現肝硬化和肝癌。因此，及早確診乙型肝炎和適時接受治療至為重要。



醫學評估

並非每一位慢性乙型肝炎患者均需要服用抗病毒藥物

醫生一般會考慮肝功能、病毒指數、肝臟纖維化的程度和有否出現併發症等因素，以決定是否需要使用抗病毒藥物治療，並會根據患者情況選擇適當的抗病毒藥物。

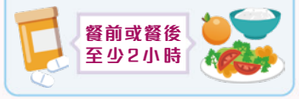
常用的乙型肝炎口服抗病毒藥物：恩替卡韋和替諾福韋

- ☑ 療效佳，能有效抑制乙型肝炎病毒複製並減少由乙型肝炎病毒引起長遠併發症的風險，包括肝硬化、肝衰竭和肝癌。
- ☑ 副作用極少，較常見的副作用包括疲倦和腸胃不適。

如何服用恩替卡韋或替諾福韋？

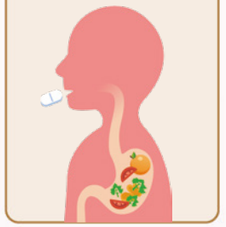
恩替卡韋

- 需於空腹服用
- 建議餐前至少兩小時或餐後至少兩小時服用
- 食物會減低恩替卡韋的吸收，影響藥物療效



替諾福韋

- 不需要空腹服用



替諾福韋

替諾福韋有兩種配方：富馬酸替諾福韋tenofovir disoproxil fumarate (TDF)和較新的磷丙替諾福韋tenofovir alafenamide (TAF)。

TDF

- 適合孕婦服用
- 有效減少乙型肝炎病毒水平偏高的孕婦把乙型肝炎病毒傳給嬰兒

TAF

- 較不影響腎臟和骨骼
- 適合腎病和骨質疏鬆症患者服用

遵從指示服藥

無論服用哪一種抗病毒藥物，均必須遵從醫生指示服用

- ⚠ 口服抗病毒藥物並不能完全清除乙型肝炎病毒，大部份患者需要長期每日服藥。
- ⚠ 一般來說，病毒出現抗藥性十分罕見。在治療過程中，若病毒對藥物反應不理想，通常是由於沒有遵從指示服藥所致。
- ⚠ **切勿因病毒複製已被抑制或肝功能回復正常而自行停藥**。因為隨便停藥，可能會引致肝炎復發、肝衰竭及甚至死亡。

如果我忘記服藥，怎麼辦？

若你忘記依時服藥，請盡快補服。但若第二天才發現，便只需服用當天的劑量，不要一天服用兩倍劑量。

必須按指示服用抗病毒藥物，切勿自行加減劑量，否則會影響療效。

服藥後病毒的傳染性

抗病毒藥物治療未必能阻止乙型肝炎病毒經性接觸或共用針筒傳播。

乙型肝炎疫苗十分安全。要有效預防乙型肝炎，性伴侶應及早注射乙型肝炎疫苗。

若性伴侶的乙型肝炎免疫情況不詳或尚未完成疫苗接種，應採取安全性行為。

併發症風險

雖然長期服用口服抗病毒藥物能顯著減少患上肝硬化及肝癌的風險，但並不能完全消除相關風險。因此，慢性乙型肝炎患者仍需**定期接受檢查**，以監測肝臟的變化。

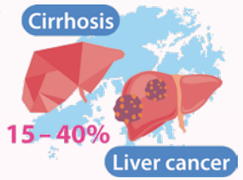
有關乙型肝炎感染和治療的更多資訊，請諮詢你的醫生

www.hepatitis.gov.hk
肝炎熱線 2112 9911

衞生署　特別預防計劃　控制病毒性肝炎辦公室　2020年6月

Hepatitis B virus (HBV) infection

Hepatitis B virus (HBV) infection is a common liver disease in Hong Kong. Patients with chronic HBV infection have a lifetime risk of 15-40% to develop cirrhosis and liver cancer. Therefore, early diagnosis and treatment in indicated patients are vital.



Medical assessment

In general, doctors will consider a number of factors, such as liver function, viral load, degree of fibrosis and presence of complication, to decide if antiviral treatment is needed and choose the appropriate one according to the patients' conditions.

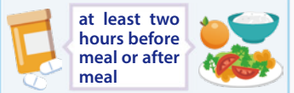
Common oral antivirals for hepatitis B: entecavir and tenofovir

- ☑ Effective in inhibiting HBV replication and reducing risk of long-term complications caused by HBV, including cirrhosis, liver failure and liver cancer.
- ☑ Generally well-tolerated. Common side effects include fatigue and gastrointestinal upset.

How to take entecavir or tenofovir?

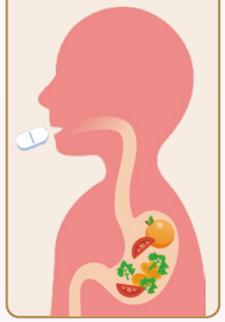
Entecavir

- Should be taken with an empty stomach
- At least two hours before meal or at least two hours after meal
- Less entecavir is absorbed when taken with food, making the medication less effective



Tenofovir

- Can be taken with or without food



Tenofovir

Two formulations of tenofovir, tenofovir disoproxil fumarate (TDF) and the newer tenofovir alafenamide (TAF), are available.

TDF

- Safe in pregnancy
- Can be used in pregnant mothers with high viral load to reduce mother-to-child transmission of HBV

TAF

- A better renal and bone profile than TDF
- Recommended in patients with renal impairment or osteoporosis

Take the medication as prescribed

The antiviral medication must be taken as prescribed

⚠ Use of oral antivirals is not able to clear HBV completely and requires long-term daily use in most of the patients.

⚠ In general, viral resistance is rare. Most cases of viral breakthrough during treatment are due to non-compliance, which leads to suboptimal viral suppression.

⚠ **Do NOT stop the medication even when viral replication is suppressed or liver function is restored to normal.** The HBV can reactivate and cause relapse, liver failure or even death, if the antiviral medication is stopped inappropriately.

What should I do if I miss a dose?

If you forget to take a dose at your usual time, take it as soon as you remember. However, if you do not remember until the following day, leave out the missed dose. Do not take two doses together to make up for a forgotten dose.

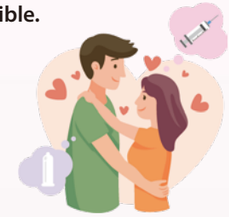
The antiviral medication must be taken as prescribed or it may not be effective.

Transmissibility of HBV in persons on antivirals

Antiviral treatment may not stop you from passing the infection on to others through sexual contact or sharing needles.

To prevent hepatitis B, a safe and effective vaccine is available. Sex partners should receive hepatitis B vaccination as soon as possible.

Practise safe sex if your sex partner has an unknown immunity status or has not been fully vaccinated.



Risk of complications

Long-term use of antiviral can significantly reduce the risk of cirrhosis and liver cancer, but it cannot eliminate the risk completely. Patients still need **regular assessment** to monitor the changes in the liver.

Please consult your doctor for further information regarding HBV infection and treatment

www.hepatitis.gov.hk

Hepatitis Hotline **2112 9911**

Viral Hepatitis Control Office
Department of Health

Special Preventive Programme
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