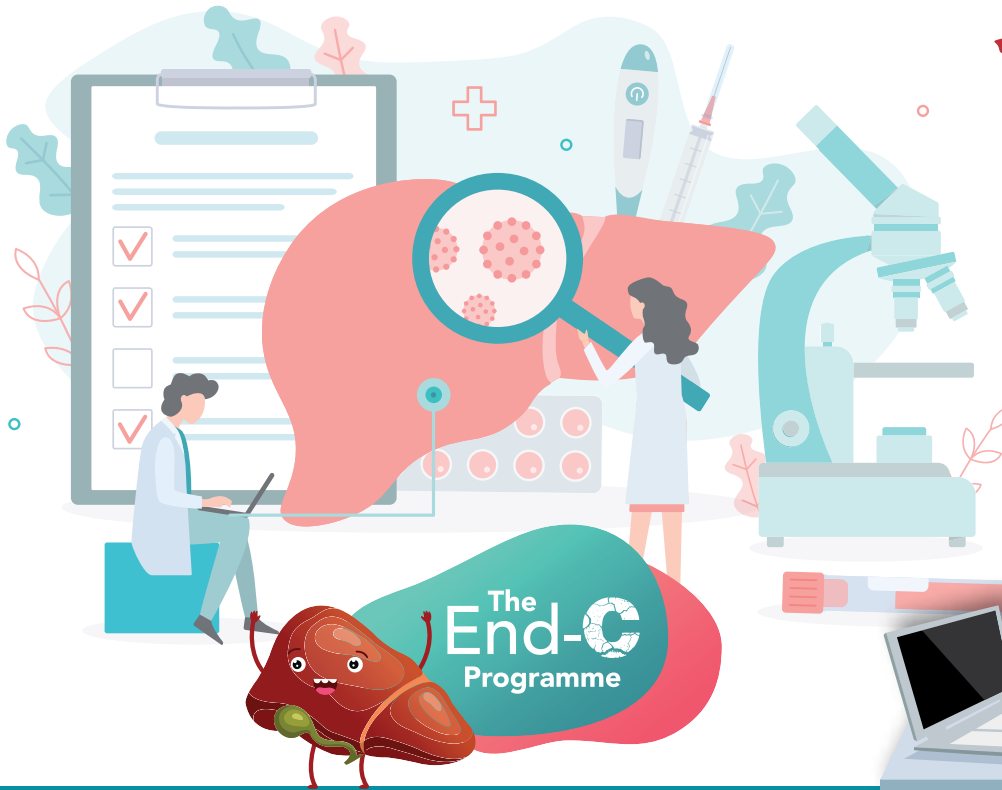




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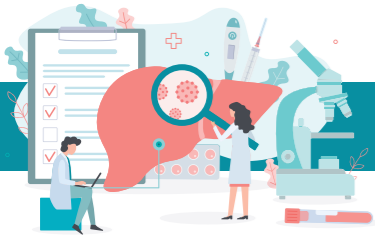
National Healthcare Group



The
End-C
Programme



Hepatitis C Treatment Patient Journey



Hepatitis C

What You Should Know

We are glad to have you here to start your Hepatitis C treatment journey.

- **Yes!** Chronic Hepatitis C is a **treatable** disease with a recovery rate of **more than 95%**.
- This will require your commitment to take your medication(s) as prescribed by your doctor.



Hepatitis C

What You Should Know

How is Hepatitis C Treated Nowadays?

- We use all-ORAL medications to achieve recovery.
- In Singapore, there are 2-3 types of Hepatitis C medication that your doctor may choose to treat you with initially.
- There are slight differences in the **duration** and **total pills** you need to take daily, based on the treatment choice.
- Either way, as long you can complete the treatment, you have a more than 95% chance to recover from Hepatitis C.

More than **95% chance**
to be healthy again!



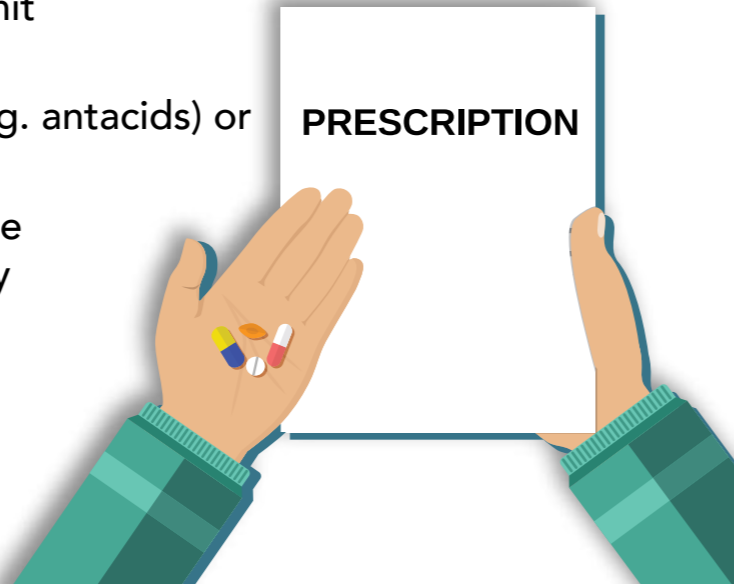


Hepatitis C

What You Should Know

Dos and Don'ts During Treatment

- Understand the correct way to take your medication.
- Take your medication at the **same time** every day.
- Do not stop medication yourself or omit any tablets.
- Avoid over-the-counter medication (e.g. antacids) or supplements while on treatment.
- Talk to your doctor before you stop the Hepatitis C treatment or if starting any new medication.



Hepatitis C

What You Should Know



Hepatitis C Treatment in Liver Cirrhosis

- If you have liver hardening (cirrhosis), your doctor may add another medication called **Ribavirin** to increase your treatment success rate.
- Ribavirin can cause anaemia, a condition which causes low red blood cells in your body. Your doctor will monitor this.



Hepatitis C

What You Should Know



Contraception Is Important When You Are On Hepatitis C Treatment

- If you do not practise safe sex during the course of treatment, your baby will be at risk of birth defects.
- Use **TWO** effective contraceptive methods to prevent pregnancy, until six months after you complete Hepatitis C treatment.

Hepatitis C

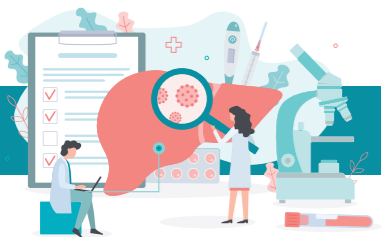
What You Should Know



What are some Common Side Effects and Precautions?

- Observe for potential drug allergy (for example, rash, itchiness, eye-lid swelling, facial swelling, etc.). Stop the medication when you observe these symptoms, and **seek medical attention immediately.**
- Otherwise, the side effects are mostly manageable. The common side effects are nausea, headache, fatigue, diarrhoea and insomnia.





Hepatitis C

Coping with Side Effects

Nausea



- Eat smaller but frequent meals
- Avoid oily, spicy, acidic or sweet foods

Headache



- Maintain adequate fluid intake and take plenty of rest
- Take paracetamol when it is necessary

Fatigue



- Maintain adequate fluid intake and take plenty of rest
- Have well-balanced meals
- Exercise regularly

Diarrhoea



- Take plenty of fluids e.g. water, clear soup
- Avoid coffee, tea, dairy products or spicy/ acidic foods



Hepatitis C

Coping with Side Effects

Insomnia



- Avoid excessive daytime naps
- Avoid coffee or tea before bedtime
- Have a light snack before bedtime
- Avoid eating heavy dinner

Anaemia *(if on Ribavirin)*



- Talk to your doctor if you feel tired, breathless, giddy or have chest pain

IT IS NOT NECESSARY TO STOP TAKING YOUR MEDICATIONS because of side effects, as these mostly last for a short time and are manageable. If side effects persist or worsen, inform your doctor.

Epclusa® (Sofosbuvir/Velpatasvir) +/- Ribavirin

Start date: _____ Treatment duration: _____

End date: _____ Date to test for cure: _____

Morning 

Evening 

Epclusa®: Take 1 tablet once daily




Time:


Ribavirin: Take ___ tablet(s) 2 times a day



Time:

Take with food 

Time:

Take with food 

- Take your medications at the same time each day.
- Do NOT stop taking your medications without talking to your doctor.
- If you miss a dose, take the missed dose the same day as soon as you remember; take your next dose at your regular time the next day.
- If you miss more than 1-2 days of doses, call your doctor/clinic.

Maviret® (Glecaprevir/Pibrentasvir)

Start date: _____ Treatment duration: _____


End date: _____ Date to test for cure: _____

Morning 

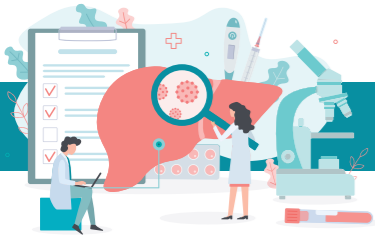
Maviret®: Take 3 tablets once daily



Time:

Take with food 

- Take your medications at the same time each day.
- Do NOT stop taking your medications without talking to your doctor.
- If you miss a dose, take the missed dose the same day as soon as you remember; take your next dose at your regular time the next day.
- If you miss more than 1-2 days of doses, call your doctor/clinic.



Hepatitis C

What You Should Know

What if the Hepatitis C treatment was not successful this round?

- **Do not give up**, as your doctor may discuss with you other treatment options using a different way.
- You still stand a pretty **good chance** of recovery if you can complete this treatment.



Have a question?

The following contact numbers may be helpful to you.



- **Clinic 4B hotline**
Tel: 6889 4445
Operating hours:
Monday to Friday:
8:00 am to 5:30 pm
Saturday, Sunday and
Public Holiday: Closed
- **TTSH Level 4 Pharmacy**
Tel: 6889 4353
Operating hours:
Monday to Friday:
9:00 am to 6:00 pm
Saturday, Sunday and
Public Holiday: Closed
- **TTSH General Enquiries Contact**
Tel: 6256 6011
Email: contact@ttsh.com.sg
- **TTSH Level B2 Pharmacy contact and operating hours**
Tel: 6357 2040
Operating hours:
Monday to Friday:
8:30 am to 6:00 pm
Saturday:
8:30 am to 6:00 pm
Sunday and
Public Holiday: Closed

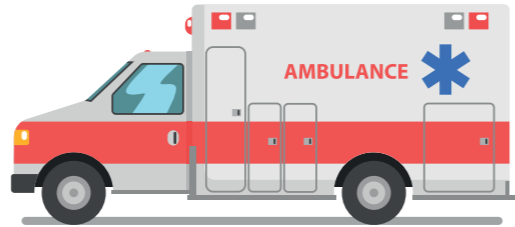


Have a question?

The following contact numbers may be helpful to you.



- **Tel: 6440 2444**
Email: highpoint_hwh@hcsa.org.sg



- **Emergency ambulance**
Tel: 995
- **Non-emergency ambulance**
Tel: 1777

Hepatitis C

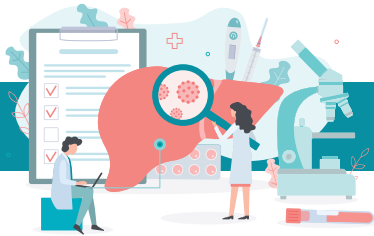
What You Should Know



Last but not least...

- As you already know, Hepatitis C virus is primarily spread through infected blood. For example, when you have raw wounds or during piercings, tattoos, or when sharing used syringes or needles.
- You may get a **new** infection if you have risk factors again.
- Your health **MATTERS** for your **FUTURE**.





Hepatitis C

What You Should Know



Tan Tock Seng
HOSPITAL

National Healthcare Group

HCSA
COMMUNITY SERVICES

Share with your friends and peers what you already know:

- Hepatitis C is a virus transmitted through blood and can harm the liver.
- RISK factors include piercings, tattoos.
- There is a CURE for Hepatitis C today.
- The treatment is affordable.
- The side effects are manageable.



And you can receive help
from this programme:

