

MODERN ART FOR SOUTH AFRICA

ART & TB

Everyone with HIV needs to take
HIV treatment – called antiretroviral
therapy, ART or ARVs

SEPTEMBER 2020



NEW HIV TREATMENT



South Africa
is changing
to a new
first-line HIV
antiretroviral
treatment
(ART).

The new ART
combination
is: tenofovir,
lamivudine &
dolutegravir.

This
combination
is also called
TLD.



Most people living with HIV will be given TLD.

Some people, including some who are treated for tuberculosis (TB), will be given efavirenz-based ART.





HOW DO I FIND OUT IF I HAVE TB?

Everyone
starting
ART
will be
tested
for TB.





For more
information
about TLD please
read our booklet
“Starting ART”



WHAT IF I

DON'T HAVE

ACTIVE TB*?

If you are tested and don't have active TB, you will be started on TB preventive therapy (TPT).

*Active TB means that you have TB with symptoms.





TB preventive therapy is done with a drug called isoniazid (INH), taken once a day for 12 months.

You will also be given pyridoxine (vitamin B6) to help prevent peripheral neuropathy (nerve damage)

TPT and ART will help to stop you getting TB.

SYMPTOMS OF

ACTIVE TB

COULD INCLUDE

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain, or pain with breathing or coughing
- Weight loss
- Extreme tiredness
- Fever
- Night sweats
- Chills



WHAT IF I DO HAVE TB?

If you test positive for active TB and it is drug sensitive* you will start treatment with Rifafour.

This treatment is a combination of four anti-TB drugs: rifampicin, isoniazid, pyrazinamide and ethambutol.

***Drug sensitive means that the TB is not resistant to first-line TB drugs.**

TB TREATMENT & CD4 COUNT

You will start ART soon after starting TB treatment, depending on your CD4 count:

- If your CD4 is less than 50 cells/mm³ – start ART within two weeks of starting TB treatment, when your symptoms are improving, and TB treatment is tolerated.
- If your CD4 is more than 50 cells/mm³ – start ART eight weeks after starting TB treatment.

WHAT ART

COMBINATION

WILL I START WITH?

If you are not already on ART when you start your TB treatment you will be given a combination based on efavirenz.

This is because rifampicin lowers the dose of dolutegravir. This is called a drug-drug interaction.

HOW LONG DO

I NEED TO STAY

ON EFAVIRENZ?

The efavirenz-based ART should be continued until two weeks after TB treatment is finished.

After this the efavirenz can be switched to dolutegravir.

**WHAT IF I AM
ALREADY ON
ART WHEN I FIND
OUT I HAVE TB?**

**If you are on
efavirenz-based ART
you will continue
this until you finish
your TB treatment.**



**If you are on
dolutegravir-based ART
you will need a double
dose of dolutegravir
to overcome the
interaction with
rifampicin.**



**If you are on TLD
FDC, you will need
to add a dolutegravir
50 mg dose 12 hours
after taking TLD.**

**So if you take your TLD
in the morning, you will
need to take your extra
dolutegravir in the evening.**



Find out more about treatment
and the free app at:
www.modernartforsouthafrica.co.za



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