

DILTIAZEM

dil-tye-ah-zem

He aha te mahi?

Whakamahia ai te *diltiazem* hei whakamaimoa i te toto pōrutu, uma tino mamae me ētahi atu mate i ētahi wā. He whakangohe i ngā ia toto me te whakamāmā i te mahi a te manawa.

Me pēhea te kai?

Me kai noa i te *diltiazem* e ai ki ngā tohutohu me tētahi karāhe wai. Horomia te katoa o te pire tuku pōturi.

Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Me wawe tonu te kai i te horopeta. Mēnā he tata ki te wā mō tō horopeta whai ake, me waiho noa te mea kua tāhapa, ā, ka haere tonu anō. Kaua rawa e kai i ngā horopeta e rua i te wā kotahi.

Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā ehara i te ota rongoā ki te *diltiazem*, pērā i ēnei:

- ngā pire ārai-whakakakā, pērā i te diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®), aspirin rānei (hei tauira, Disprin®, kei ngā horopeta whakamauru mamae). Ka kitea ēnei i roto i ētahi rongoā rewharewha me te whurū (Nurofen Cold me te Flu®)

Me kōrero atu ki tō kaitaka rongoā, rata rānei mō ngā rongoā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huaora, ngā hua otaota (hei tauira, St John's wort), ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Ka pupuhi ngā waewae, hēmanawa Ka huri te kapa manawa Ngā pūniho whakarahi ake, mamae, toto rānei	Me kōrero atu ki tō rata
Kōpukupuku, mango, uraura Ānini māhunga, pōātinitini, ngenge, ngoikore rānei Mamae uaua, uauawhiti Ka mamae te puku	Me kōrero atu ki tō rata mēnā kei te mamae

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Kōrero atu ki tō rata mēnā he mate ate tōu, tētahi atu raruraru manawa rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Kaua rawa e mutu te kai *diltiazem*, me kōrero ki tō rata i te tuatahi.

He mōhiohio hira kei roto i tēnei mātārere, engari ehara i te mōhiohio katoa, mō tēnei rongoā.

He whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Mahuru 2019