

## IPRATROPIUM ME TE SALBUTAMOL

*eye-pra-troe-pee-um me te sal-bew-ta-mol*

### He aha te mahi?

Ka huaki te *ipratropium* me te *salbutamol* i ngā arahau whāiti ki ngā pūkahukahu. Ka āwhina ki te whakamaene i ngā tohumate me ngā raruraru whakahā.

### Me pēhea te whakamahi?

Me whakangā te *ipratropium* me te *salbutamol* e ai ki ngā tohutohu a tō ngaio hauora.

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

Mēnā kua tata ki te wā mō tō horopeta whai ake, me waiho te horopeta i tāhapatia ka whakangā i tō horopeta whai ake i te wā e tika ana. Tērā rānei, me whakangā te horopeta i tāhapatia ina maumahara ana koe. Kua rawa e whakangā ngā horopeta e rua i te wā kotahi.

### Ka taea anō e koe ētahi atu rongoā te kai?

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, ngā whakapōauau rānei.

### He aha ngā hua kino ka rongo pea koe?

| Ngā Hua Kino   | Tūtohutanga hei whai                       |
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| Mamae karu, ka rerekē haere te kite  | Me wawe te kōrero atu ki tō rata           |
| Kapa manawa tere, pokapoka rānei, mamae te uma   | Me kōrero atu ki tō rata                   |
| Rure, ka uauawhiti<br>Ānini māhunga, pōātinitini<br>Āmāimai, raruraru te moe<br>Waha maroke, kei te uua te mimi<br>Reo whangowhango, tāwara mōtuhi, maremare | 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:

- Me kōrero atu ki tō rata mēnā he mate manawa, tōngāmimi, repe tātea rānei, toto pōrutu, roikaru rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Kia tūpato kei uru te wainehu mai i ngongō *ipratropium* me te *salbutamol*, pūwainehu rānei ki o karu. Ki te pā mai tēnei, me tino horoi i ō karu ki te wai.
- Ka hēmanawa ētahi tāngata e pāngia ana e te mate huangō i muri i te kai i ngā rongoā whakamaene mamae pērā i te aspirin (hei tauira, *Aspec*®), diclofenac (hei tauira, *Voltaren*®), ibuprofen (hei tauira, *Nurofen*®) rānei. Me kōrero atu ki tō ngaio hauora.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.

**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. Haratua 2017