

ISOSORBIDE MONONITRATE

eye-so-sor-bide mon-oh-nye-trate

He aha te mahi?

Whakamahia ai te *isosorbide mononitrate* hei ārai i te tino mamae o te uma. He whakangohe i ngā ia toto, kia nui ake ai te toto e rere ana ki te manawa.

Me pēhea te kai?

Me kai i te *isosorbide mononitrate* e ai ki ngā tohutohu me tētahi inu wai.

Me kai ko ngā pire tuku pōturi i taua wā anō i ia rā. Horomia te pire, ngā mea wehe rānei hei pire kotahi tonu. Kua rawa e kōnatu, e ngangau rānei.

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. Kua 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 *isosorbide mononitrate*, pērā i ēnei:

- sildenafil (hei tauira, Viagra®), ētahi atu rongoā ōrite rānei. KAUA RAWA e whakamahi i ēnei rongoā ina kai ana i te *isosorbide mononitrate*. Kei pā mai ngā tino hua kino pērā i te mate manawa

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
Ka huri te kapa manawa, tāporepore	Me kōrero atu ki tō rata
Ānini māhunga, uraura	Pā noa mai ina tīmata te whakamaimoatanga – ki te pā tonu mai ngā hua kino, he tino kino rānei, me kōrero atu ki tō rata.
Aniroro, āmai rānei i te tūtanga ake	Me āta tū ake. Mēnā kei te pā tonu mai, me kōrero atu ki tō rata
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:

- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Ki te inu waipiro me te *isosorbide mononitrate* i te wā kotahi ka whakanui ake i ngā tohumate.
- Kua rawa e mutu te kai *isosorbide mononitrate*, me kōrero ki tō rata i te tuatahi.
- Ka kite pea koe i te toenga o te kiri o te piro i roto i ō hamuti – kei te pai noa iho 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. Paengawhāwhā 2016