GLIPIZIDE

glip-ih-zide

He aha te mahi?

Ka whakahekea e te *glipizide* te huka toto mā te whakapiki i te rahinga o te taiaki huka e whakaputaina ana e tō tinana. E whakamahia ana hei whakamaimoa i te matehuka.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te raruraru tō ate, tākihi rānei, hohoretanga G6PD rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.

Me pēhea te kai?

Me ōrite te kai *glipizide* e ai ki ngā tohutohu me tētahi inu wai, ko te mea pai i te tīmatanga o te kai.

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

Ki te tāhapa i a koe te kai i te *glipizide* kaua ā kainga ā muri ake. Me waiho te horopeta i tāhapatia ka haere tonu e ai ki ngā tohutohu. 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 ōta rongoā ki te *glipizide*, pērā i ēnei:

- aspirin (hei tauira, Disprin®, ki ngā horopeta mō te whakamauru mamae)
- pia ā-waha miconazole (hei tauira, Daktarin Oral Gel®)

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
Huka toto iti rawa: ko ngā tohumate pea ko te heke werawera, wiriwiri, anipā, kārangirangi rānei	Me inu, me kai rānei he mea reka. Me kōrero atu ki tō mātanga hauora mēnā he rite tonu te pā mai, he tino kino rānei.
Kōpukupuku, mangeo	Me kōrero atu ki tō rata
Ka mamae te puku, mate tikotiko, kōreke, whakapairuaki	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 ka pā mai he mate nui (hei tauira, kirikā nui, whakapokenga pūkahukahu, ruaki, kohī rānei).
- Aromatawaitia tō huka toto e ai ki ngā tohutohu a tō mātanga hauora.
- Kia iti te inu waipiro i te mea ka whakarerekēhia tō huka toto, ā, ka nui ake tō tūpono ki te hypoglycaemia (huka toto iti rawa).