



GLYCERYL TRINITRATE (spray)

glis-er-ril try-nye-trate

He aha te mahi?

Whakamahia ai te *glyceryl trinitrate* hei whakamaene i te uma tino mamae. He whakangohe i ngā ia toto, kia nui ake ai te toto e rere ana ki te manawa.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Me kōrero atu ki tō rata mēnā e pāngia ana e koe e te tāporepore, ka aniroro rānei i ētahi wā.

Me pēhea te whakamahi?

Me whakamutu te mea e mahi ana koe. Me noho ki raro ka whakamahi i tētahi tōrehu 1 ki raro i tō arero.

Mēnā ka whakamaenetia te tino mamae o tō uma mā te whakatā, mā tō tōrehu rānei, ka taea e koe te āta hoki ki te mahi i ō mahi.

Mēnā kei te tino mamae tonu tō uma i muri i te 5 meneti, me whakamahi tētahi tōrehu 1 anō.

Mēnā kei te tino mamae tonu tō uma i muri i te 5 meneti atu anō, me whakarite pērā anō i tētahi mate manawa – me wawe te waea atu mō tētahi waka tūroro (111).

Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *glyceryl trinitrate*, pērā i ēnei:

- sildenafil (hei tauira, Viagra®), ētahi atu rongoā ōrite rānei. Ki te kāinga tahitia ēnei me te *glyceryl trinitrate* ka pā mai pea ngā tohumate tino kaha rawa – me kōrero ki tō ngaio hauora mō tēnei.

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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| Uraura, ānini māhunga Kapa manawa tere Tāporepore, aniroro | Me takoto ki raro kia mutu rā anō ngā pānga – me kōrero atu ki tō rata mēnā ka raruraru |

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

Ētahi atu mōhiohio:

- Ki te inu waipiro me te *glyceryl trinitrate* i te wā kotahi ka whakanui ake i ngā tohumate.
- Tirohia te rā mōnehu kua tuhia ki te ipu. I muri i tenei rā kāore pea e mahi te tōrehu, nō reira me tiki e koe tētahi tōrehu hou.
- Me noho tata mai tō *glyceryl trinitrate* i ngā wāhi katoa, kia mōhio ai koe kei hea ina hiahia e koe.
- Ka āhua tengatenga pea i roto i tō waha ina whakamahia e koe te *glyceryl trinitrate*. Kei te pai tēnā.
- Ka taea te *glyceryl trinitrate* te whakamahi i mua i tētahi mahi e pā mai ai te tino mamae ki tō uma i ētahi wā. Me kōrero ki tō rata mō tēnei.
- Me matapaki ki tō rata. Ki te aniroro, āhua takarangi rānei koe i muri i te whakamahi i tō *glyceryl trinitrate*, kua e taraiwa, whakahaere mīhini rānei kia kore atu tēnei.
- Me whakamātautau te tōnehu (papupapu) o ētahi momo i mua i te whakamahi. Me kōrero atu ki tō ngaio hauora mō tēnei.