



## METFORMIN

*met-for-min*

### He aha te mahi?

Whakamahia ai te *metformin* hei whakamaimoa i te matehuka, me ētahi atu mate i ētahi wā.

### I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru tākihi, ate rānei tōu, mēnā rānei te hēnga manawa koe.
- 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 kai te *metformin* e ai ki ngā tohutohu me tētahi kai me tētahi inu wai.

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

Me wawe tonu te kai i te horopeta (me te kai). 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?

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 taumaha te ruaki, mate tikotiko rānei	Me mutu te kai rongoā ka kōrero atu ki tō rata
Ngoikore, ānini māhunga Ka rerekē te tāwara, ka rerekē te āhua o tō hiakai Ka mamae te puku, patero, tokopā	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:

- I ngā wā tino rerekē, ka taea e te *metformin* te pā mai o te waikawa waiūtanga tino taumaha. Me muku tō kai *metformin* ka wawe te kōrero atu ki tō rata mēnā kei te māuiui koe, kei te ngenge rānei koe, ka tere haere ake rānei tō hēhē.
- Aromatawaitia tō huka toto e ai ki ngā tohutohu a tō mātanga hauora.