

## CITALOPRAM

*sit-al-oh-pram*

### He aha te mahi?

Whakamahia ai te *citalopram* hei whakamaimoa me te ārai i te pāpouri me ētahi atu mate i ētahi wā.

### Me pēhea te kai?

Me kai te *citalopram* e ai ki ngā tohutohu me tētahi inu wai.

### 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. 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 ota rongoā ki te *citalopram*, pērā i ēnei:

- ngā pire ārai-whakakakā, pērā i te diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®), aspirin rānei (hei tauira, Disprin®, kei ngā horopeta whakamauru mamae). Ka kitea ēnei i roto i ētahi rongoā rewharewha me te whurū (hei tauira, Nurofen Cold me te Flu®).
- aspirin horopeta iti (hei tauira, Cartia®)
- ngā rongoā rewharewha me te whurū, kei roto ko te dextromethorphan (hei tauira, Robitussin Dry Cough Forte®)
- omeprazole (hei tauira, Losec®)
- ētahi rongoā mō te mähunga ānini, pērā i te sumatriptan (hei tauira, Sumagran Active®), zolmitriptan (hei tauira, Zomig®)

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 (hei tauira, St John's wort), ngā whakapōauau rānei (hei tauira, ecstasy).

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

Ngā Hua Kino	Tūtohutanga hei whai
Ngā whakaaro whakamate Kapa manawa tere, pokapoka rānei, tāporepore Hukihuki, wiriwiri rānei ngā uua tē taea e koe te pupuri, pōraruru, nui te heke werawera, kirikā	Me wawe te kōrero atu ki tō rata
Kārangī, anipā	Me kōrero atu ki tō rata
Whakapairuaki, ruaki, mate tikotiko, waha maroke, mamae puku, rerekē te hiakai, taumaha rānei Hiamoe, pōātinitini, ānini mähunga, raruru te moe, hītakotako, ngoikore Kua rerekē te āhua ai, kua rerekē te mate wahine	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 raruru manawa, ate, toto rānei ōu, he mate bipolar, mēnā rānei i pā mai te rehu ohotata.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Ka whakahaerehia pea e tō rata he whakamātautau manawa (ECG) i mua i tō tīmatanga, ā, i a koe e kai ana i te *citalopram*.
- Ka whakawaimaero pea te *citalopram* i tō kaha ki te mahi i ngā mahi noa pērā i te taraiwa, te whakamahi mīhini rānei. Ka hē kē atu i te waipiro. Me kōrero mō tō mōrea me tō mātanga hauora. (rapu i NZTA – Are you safe to drive?)
- Ka pau pea ētahi wiki kia mahi ai te *citalopram*.
- Pā mai ai te anipā i ngā wiki tuatahi o te whakahaumanutanga, engari ko te tikanga ka pai haere ake. Me kōrero ki tō rata.
- Ki te hē haere kē atu tō pāpouri, me haere ki tō rata.
- Kaua rawa e mutu te kai *citalopram* me kōrero ki tō rata i te tuatahi.

**He mōhiohio hira kei roto i tēnei mātāre, engari ehara koinei ngā mōhiohio katoa, mō tēnei rongoā.**  
He mea whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Mahuru 2017