

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 kore ota rongoā ki te *citalopram*, tae atu ki:

- ngā pire ārai-whakakakā, pērā i te i te diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®), aspirin rānei (hei tauira, Disprin®, kei ngā horopeta whakamau 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 rāne (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 uaua tē taea e koe te pupuri, pōraruraru, nui te heke werawera, kirikā	Me wawe te kōrero atu ki tō rata
Kāurangi, anipā	Me kōrero atu ki tō rata
Whakapairuaki, ruaki, kohī, waha maroke, mamae puku, rerekē te hiakai, taumaha rānei Pōuruuru, āmāimai, ānini mähunga, uaua te moe, hītakotako, ngoikore Kua rerekē te taihemahema, 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 raruraru 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 tētahi aromatawai manawa (ECG) i mua i tō tīmata, ā, i a koe e kai ana i te *citalopram*.
- Ka āmāimai, hiamoe rānei pea koe i te *citalopram*, ā, he mōrearea ki te taraiwa koe, te whakahaere mīhini rānei, ētahi atu mahi rānei me noho mataara koe. Me iti te inu waipiro i te mea ka nui ake pea ngā pānga.
- 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 mātārere, 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