

## DILTIAZEM

*dil-tye-ah-zem*

### He aha te mahi?

Whakamahia ai te *diltiazem* hei whakamaimoa i te kapa manawa pokapoka, toto pōrutu, uma tino mamae me ētahi atu mate i ētahi wā. Ka noho tika me te pūmau te kapa o tō manawa mā te whakahaere i ngā tohu tāhiko i tō manawa. He whakangohe anō i ngā ia toto, he whakaheke i te pēhanga toto, ā, ka māmā ake te tuku toto haere a tō manawa ki tō tinana.

### I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te hēnga manawa.
- 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 *diltiazem* e ai ki ngā tohutohu me tētahi inu wai. Ka taea tēnei te kai i te taha o te kai, kāore rānei. Ngā pire tuku pōturi: Horopukuna ngā pire - kua rawa e kopenu, e ngangau rānei.

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

Mēnā kua tata ki te wā mō tō horopeta whai ake, me waiho te horopeta i tāhapa ka kai i tō kai horopeta whai ake hei taua wā anō. Tērā rānei, me kai te horopeta i tāhapa ina maumahara koe. Kua 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 *diltiazem*, 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®)

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.

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

| Ngā Hua Kino   | Tūtohutanga hei whai   |
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| Ko ngā tohumate o te kapa manawa pōturi, pokapoka rānei ko te: rongu i tō manawa e tīpokapoka ana, pōātinitini, tāporepore rānei | Me wawe te kōrero atu ki tō rata   |
| Ka pupuhi ngā waewae, hēmanawa   | Me kōrero atu ki tō rata   |
| Uraura<br>Ānini māhunga  | Me kōrero atu ki tō rata mēnā kei te mamae   |
| Ko ngā tohumate o te toto pūroto pērā i te pōātinitini, tāporepore rānei   | Me āta tū ake. Mēnā kei te pā tonu mai, he tino kino rānei me kōrero atu ki tō rata. |

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

### Ētahi atu mōhiohio:

- Kua rawa e mutu te kai *diltiazem* me kōrero ki tō rata i te tuatahi.