

ERYTHROMYCIN

er-ith-roh-my-sin

He aha te mahi?

Whakamahia ai te *erythromycin* hei whakamaimoa me te ārai i nga whakapokenga me ētahi atu mate i ētahi wā.

Me pēhea te kai?

Me kai i te *erythromycin* e ai ki ngā tohutohu. Me kai haere kia pau katoa, ahakoa ka pai haere tō āhua. Me kīnaki ngā pire ki te karāhe wai.

Āta inea te wē mā tētahi pūwero, pune ine rānei. Kia kaha te rurerure i te pātara i mua i te ine i ia horopeta.

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

Me wawe tonu te kai i te horopeta ka haere tonu e ai ki ngā tohutohu.

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

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Kapa manawa tere, pokapoka rānei, tāporepore Ko ngā tohumate o te mate ate ko te: kōwhai te kiri, karu rānei, mango, pōuri te mimi, kōmā te hamuti, mamae puku	Me wawe te kōrero atu ki tō rata
He tino kaha, mauroa rānei te mate tikotiko, mamae puku Turi haere, wawaro i ngā taringa Ngā hakihaki mā iti i rō waha, arero huruhuru (mateīhi ā-waha) Mango te tara, tahe (mateīhi ā-tara) rānei	Me kōrero atu ki tō rata
Mate tikotiko Ānini māhunga	Me kōrero atu ki tō rata mēnā kei te mamae
Ka mamae te puku	Me kīnaki ki te kai

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 mate manawa tōu, mate ate, puku rānei.
- Me kōrero atu ki tō rata mēnā kei te pāngia koe e te phenylketonuria (PKU). Kei roto pea i te wē *erythromycin* ko te aspartame (he pūtaka nō te phenylalanine).
- 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 *erythromycin*.
- Me rokiroki te wē *erythromycin* e ai ki ngā tohutohu. Ina pau te wā mō te kai i te rongoā, me whakahoki e koe te toenga wē ki tō taka rongoā.

He mōhiohio hira kei roto i tēnei mātārere, engari ehara koinei ngā mōhiohio katoa, mō tēnei rongoā.

He whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Paengawhāwhā 2021