Te Whatu Ora
Health New Zealand
Waitaha Canterbury

IPRATROPIUM (hei whakangā)

eye-pra-troe-pee-um

He aha te mahi?

Ka huaki te *ipratropium* i ngā arahau whāiti ki ngā pūkahukahu. Ka āwhina ki te whakamaene i ngā tohumate huangō me ngā raruraru whakahā.

Me pēhea te whakamahi?

Me whakangā te *ipratropium* e ai ki ngā tohutohu a tō ngaio hauora.

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 tāhapatia ka whakangā i tō horopeta whai ake i te wā e tika ana. Tērā rānei, me whakangā te horopeta i tāhapatia ina maumahara ana koe. Kaua rawa e whakangā 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
Mamae karu, ka rerekē haere te kite	Me wawe te kōrero atu ki tō rata
Kapa manawa tere, pokapoka rānei	Me kōrero atu ki tō rata
Kei te uaua te mimi Ānini māhunga Waha maroke, reo whangowhango, tāwara mōtuhi, maremare	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 mate manawa, tōngāmimi, repe tātea rānei, roikaru rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Kia tūpato kei uru te wainehu mai i ngongō *ipratropium*, pūwainehu rānei ki o karu. Ki te pā mai tēnei, me tino horoi i ō karu ki te wai.
- Ka hēmanawa ētahi tāngata e pāngia ana e te mate huangō i muri i te kai i ngā rongoā whakamaene mamae pērā i te aspirin (hei tauira, Aspec®), diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®) rānei. Me kōrero atu ki tō ngaio hauora.
- Mēnā me whakamahi koe i te *ipratropium* i ngā wā maha i te wiki, ka tukuna pea e tō rata he ngongō 'pūārai' ki a koe. Ka āwhina ngā pūārai hei whakaiti i ngā tohumate me ngā raruraru whakahā.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.