

SERTRALINE

ser-tra-leen

He aha te mahi?

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

Me pēhea te kai?

Me kai te *sertraline* e ai ki ngā tohutohu me tētahi inu wai. Ka taea tēnei te kai i te taha o te kai, kāore 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. 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 ōta rongoā ki te *sertraline*, 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 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®)
- ētahi rongoā mō te mähunga ānini, pērā i te sumatriptan (hei tauira, Sumagran Active®)

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 Tāporepore Hukihuki, wiriwiri rānei ngā uaua tē taea e koe te pupuri, pōraruraru, nui te heke werawera, kirikā Rehu ohotata	Me wawe te kōrero atu ki tō rata
Anipā, kārangī He māmā, he rerekē rānei te marū, ka toto noa rānei	Me kōrero atu ki tō rata
Whakapairuaki, ruaki, mate tikotiko, kua kore e hiakai, waha maroke Hiamoe, raruraru te moe, ngenge, ngoikore rānei, hītakotako Pōānitini, ānini mähunga, heke werawera Kua kore e hiahia ki te ai	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 toto tōu, 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 *sertraline*.
- Ka whakawaimaero pea te *sertraline* 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 *sertraline*.
- Kaua rawa e mutu te kai *sertraline* 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. Hakihea 2022