

## SALBUTAMOL (for inhalation)

*sal-bew-ta-mol*

### He aha te mahi?

Ka whakamahia te *salbutamol* ki te whakamaimoa i ngā raruraru whakahā pērā i te huangō. Ka huaki tēnei i ngā arahau whāiti kia māmā ake te whakahā.

### I mua i to tīmata

- 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 whakamahi?

Me whakangā te *salbutamol* e ai ki ngā tohutohu a tō mātanga hauora.

### 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                       |
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| Ko ngā tohumate o te kapa manawa tere, pokapoka rānei ko te: kaka, pātukituki, mamae rānei i tō poho, pōātinitini, tāporepore rānei | Me kōrero atu ki tō rata                   |
| Wiriwiri, ka uauawhiti<br>Āmāimai   | 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:

- 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 mātanga hauora.
- Mēnā me whakamahi koe i te *salbutamol* 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 huangō me ngā raruraru whakahā.
- He tino rerekē te whakamahi ngongō ka hē kē atu te whakahā. Me kōrero atu ki tō mātanga hauora mō tēnei.
- Me noho tata mai tō *salbutamol* i ngā wāhi katoa, kia mōhio ai koe kei hea ina hiahiaatia e koe.