

## **BECLOMETASONE (for inhalation)**

*bek-low-met-ah-sonē*

### **He aha te mahi?**

He rongoā pūtaiaki te *becloretasone* e āwhina ana i a koe ki te ārai i ngā tohumate huangō me ngā raruraru whakahā. Ka whakaiti i te uruhumu i ō arahau kia māmā ake ai te whakahā.

### **I mua i to tīmata**

- Me kōrero atu ki tō rata mēnā kei te mate kōiwi (kōiwi ngoikore).
- 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 *becloretasone* e ai ki ngā tohutohu a tō mātanga hauora. Ka pai ake te mahi a te *becloretasone* ina whakamahia i ia rā. Me horoi i tō waha i muri mai.

Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā tohumate huangō, ngā raruraru whakahā rānei, me whakamahi i tō rongoā 'whakamāmā' (hei tauria, salbutamol, terbutaline, ipratropium).

### **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. Kāua 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?**

| <b>Ngā Hua Kino</b>   | <b>Tūtohutanga hei whai</b>                         |
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| Wāha maroke, korokoro maroke rānei, reo whangowhango            | Me kōrero atu ki tō rata mēnā kei te mamae          |
| Ngā haki haki mā iti i rō waha, arero huruhuru (mateihi ā-waha) | Me kōrero atu ki tō mātanga hauora mēnā he raruraru |

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

### **Ētahi atu mōhiohio:**

- Kāua e whakamutu te whakamahi i tō ngongō me te kore kōrero atu ki tō rata i te tuatahi.
- 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 tauria, *Aspec®*), diclofenac (hei tauria, *Voltaren®*), ibuprofen (hei tauria, *Nurofen®*) rānei. Me kōrero atu ki tō mātanga hauora.
- He tino rerekē te pā mai o ngā pānga i te whakamahinga wā roa o te *becloretasone* pērā i te: kanohi porowhita, rerekē te āhua o te tinana, rerekē te tipu o ngā makawe, kiri mataero, kōiwi ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhanga toto, ka rerekē haere te kīte me te matehuka – me kōrero ki tō mātanga hauora.
- He tino rerekē te whakamahi ngongō ka hē kē atu te whakahā. Me kōrero atu ki tō mātanga hauora mō tēnei.