

GLIPIZIDE

glip-ih-zide

He aha te mahi?

Ka whakahekea e te *glipizide* te huka toto mā te whakapiki i te rahinga o te taiaki huka e whakaputaina ana e tō tinana. E whakamahia ana hei whakamaimoa i te matehuka.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te raruraru tō ate, tākihi rānei, hohoretanga G6PD rānei.
- 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 kai?

Me ōrite te kai *glipizide* e ai ki ngā tohutohu me tētahi inu wai, ko te mea pai i te tīmatanga o te kai.

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

Ki te tāhapa i a koe te kai i te *glipizide* kua ā kainga ā muri ake. Me waiho te horopeta i tāhapatia ka haere tonu e ai ki ngā tohutohu. Kua 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 *glipizide*, pērā i ēnei:

- aspirin (hei tauira, Disprin®, ki ngā horopeta mō te whakamauru mamae)
- pia ā-waha miconazole (hei tauira, Daktarin Oral Gel®)

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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| Huka toto iti rawa: ko ngā tohumate pea ko te heke werawera, wiriwiri, anipā, kārangirangi rānei | Me inu, me kai rānei he mea reka. Me kōrero atu ki tō mātanga hauora mēnā he rite tonu te pā mai, he tino kino rānei. |
| Kōpukupuku, mangleo | Me kōrero atu ki tō rata |
| Ka mamae te puku, mate tikotiko, kōreke, whakapairuaki | 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 ka pā mai he mate nui (hei tauira, kirikā nui, whakapokenga pūkahukahu, ruaki, kohī rānei).
- Aromatawaitia tō huka toto e ai ki ngā tohutohu a tō mātanga hauora.
- Kia iti te inu waipiro i te mea ka whakarerekēhia tō huka toto, ā, ka nui ake tō tūpono ki te hypoglycaemia (huka toto iti rawa).