

SERTRALINE

ser-tra-leen

He aha te mahi?

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

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru toto tōu, he mate bipolar, mēnā rānei i pā mai he rehu ohotata ki a koe i mua.
- 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*.

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. Kauga 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 tauria, Voltaren®), ibuprofen (hei tauria, Nurofen®), aspirin rānei (hei tauria, Disprin®, kei ngā horopeta whakamauru mamae). Ka kitea ēnei i roto i ētahi rongoā rewharewha me te whurū (hei tauria, Nurofen Cold me te Flu®)
- aspirin horopeta-iti (hei tauria, Cartia®)
- ētahi rongoā mō te mähunga ānini, pērā i te sumatriptan (hei tauria, 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 tauria, St John's wort), ngā whakapōauau rānei (hei tauria, ecstasy).

He aha ngā hua kino ka rongo pea koe?

| Ngā Hua Kino | Tūtohutanga hei whai |
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| 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, hē 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, hitakotako Pōātinitini, ānini mähunga, heke werawera Kua heke te hiahia, kei te raruraru rānei 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:

- 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*.
- Kauga rawa e mutu te kai *sertraline* me kōrero ki tō rata i te tuatahi.