

ERYTHROMYCIN

er-ith-roh-my-sin

He aha te mahi?

He rongoā paturopi te *erythromycin* ka whakamahia hei whakamaimoa me te ārai i ngā whakapokenga huakita, me ētahi atu mate i ētahi wā.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruru manawa, ate rānei ōu.
- 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 *erythromycin*.
- Me kōrero atu ki tō rata mēnā kei te pāngia koe e te phenylketonuria (PKU). Kei roto pea i te wē *erythromycin* ko te aspartame (he pūtake nō te phenylalanine).

Me pēhea te kai?

Me kai i te *erythromycin* e ai ki ngā tohutohu. Ka taea tēnei te kai i te taha o te kai, kāore rānei. Me kai haere kia pau katoa, ahakoa ka pai haere tō āhua.

Pire: Me kīnaki ki te inu wai.

Wē: Kia kaha tonu te rurerure i mua o te whakapeto. Āta inea ia horopeta mā tētahi pūwero, pune ine rānei.

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

Me wawe tonu te kai i te horopeta ka haere tonu e ai ki ngā tohutohu.

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 (hei tauira, St John's wort), ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

| Ngā Hua Kino | Tūtohutanga hei whai |
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| Kapa manawa tere, pokapoka rānei, tāporepore Ko ngā tohumate o te mate ate ko te: kōwhai o te kiri, karu rānei, mango, pōuri o te mimi, kōmā o te hamuti, mamae puku | Me wawe te kōrero atu ki tō rata |
| He tino kaha, mauroa rānei te mate tikotiko, mamae puku Turi haere, wawaro i ngā taringa | Me kōrero atu ki tō rata |
| Ka mamae te puku | 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 rokiroki te wē *erythromycin* e ai ki ngā tohutohu. Ina pau te wā mō te kai i te rongoā, me whakahoki e koe te toenga wē ki tō taka rongoā.