

IPRATROPIUM (for inhalation)

eye-pra-troe-pee-um

He aha te mahi?

Ka whakamahia te *ipratropium* ki te whakamaimoa i ngā raruraru whakahā pērā i te COPD me 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 *ipratropium* ai ki ngā tohutohu a tō mātanga hauora.

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?

| Ngā Hua Kino | Tūtohutanga hei whai |
|----------------------------|--------------------------------------------|
| Wāha maroke, tāwara mōtuhi | 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:

- Kia tūpato kei uru te wainehu mai i ngongō *ipratropium* pūwainehu rānei ki o karu. Ki te pā mai tēnei, me tino horoi i ō karu ki te wai.
- 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 *ipratropium* 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.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō mātanga hauora mō tēnei.