



## TIOTROPIUM

*tee-oh-troe-pee-um*

### He aha te mahi?

Ka whakamahia te ipratropium ki te whakamaimoa i ngā tohumate o 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?

HandiHaler®: Me whakangā i ngā mea kei roto i ia pire *tiotropium* mā te whakamahi i te pūrere HandiHaler®, e ai ki ngā tohutohu o tō mātanga hauora. Kua rawa e horomi i ngā pire.

Respimat®: Me auau te whakangā i te *tiotropium* mā te pūrere Respimat® e ai ki ngā tohutohu a tō mātanga hauora. Ka pai ake te mahi a te *tiotropium* ina whakamahia i ia rā.

Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā raruraru whakahā, me whakamahi i tō rongoā 'whakamāmā' (hei tauira, salbutamol, terbutaline 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 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. Kua 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                       |
|--------------|--------------------------------------------|
| Waha maroke  | 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 puehu, te wainehu rānei mai i tō ngongō *tiotropium* ki ō 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.
- He tino rerekē te whakamahi ngongō ka hē kē atu te whakahā. Me kōrero atu ki tō mātanga hauora mō tēnei.