# EMPAGLIFLOZIN AND METFORMIN

*empag-lee-flow-zin and met-for-min*

## He aha te mahi?

Whakamahia ai te *empagliflozin* me te *metformin* hei whakamaimoa i te matehuka, me ētahi atu mate i ētahi wā.

## I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te mate ō tākihi.
- 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 kai te *empagliflozin* me te *metformin* e ai ki ngā tohutohu me tētahi inu wai.

## 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. Kaua rawa e kai i 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 |
|---|---|
| Ko ngā tohumate o tētahi raruraru nui e kīia ana ko te diabetic ketoacidosis, ko te: whakapairuaki, ruaki, mamae puku, ngoikore, pōrarutanga, te tino hiainu, hēmanawa rānei<br>Ko ngā tohumate o tētahi raruraru nui e kīia ana ko te lactic acidosis, kei roto ko te: whakapairuaki, ruaki, mate tikotiko, ngoikore, mamae uaua, te tere o te whakahā. | Me wawe te kōrero atu ki tō rata |
| Whakapokenga taihemahema – ko ngā tohumate pea ko te whero haere, mangeo, tahe | I ngā wā tino rerekē, he taumaha tēnei – me kōrero atu koe ki tō mātanga hauora |
| Ka rerekē te tāwara, kua kore e hiakai | Me kōrero atu ki tō rata mēnā kei te mamae |
| Ka mamae te puku, patero, tokopā | He mea noa tēnei ina tīmata koe engari ko te tikanga ka pai haere. 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 whai aromatawai toto auau (HbA1c) koe hei tirotiro he pēhea te pai o te whakahaere i to matehuka.
- Mēnā ka māuiui koe, me whai i tō mahere rā-māuiui matehuka, me kōrero rānei ki tō mātanga hauora.
- Mēnā kei te hāparaparatia koe, tētahi whakahaerenga rānei pērā i te tirotiro whēkau, te mātai pūkai rānei, he mea nui kia kōrero atu ki tō rata, nēhi rānei kei te kai koe i te *empagliflozin* and *metformin*.
- Hei āwhina kia kore ai pā mai ngā whakapokenga taihemahema, he mea nui kia maroke ō taihemahema. Me whakamaroke mā te pepa whēru i muri i te mimi ka tīni i tō tarauroto mēnā kua mākū. Mēnā ka taea, me horoi i tō taihemahema ki te wai i muri i te mimi, ā, i mua i tō hoki ki te moe. Mēnā he kirimata tōu, me kukume mai i mua i te mimi.