

## IPRATROPIUM ME TE SALBUTAMOL

*eye-pra-troe-pee-um me te sal-bew-ta-mol*

### He aha te mahi?

Ka huaki te *ipratropium* me te *salbutamol* i ngā arahau whāiti ki ngā pūkahukahu. Ka āwhina ki te whakamaene i ngā tohumate huangō me ngā raruraru whakahā.

### Me pēhea te whakamahi?

Me whakangā te *ipratropium* me te *salbutamol* e ai ki ngā tohutohu a tō ngaio 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. 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	Tūtohunga hei whai
Mamae karu, ka rerekē haere te kite	Me wawe te kōrero atu ki tō rata
Kapa manawa tere, pokapoka rānei, mamae te uma	Me kōrero atu ki tō rata
Rure, ka uauawhiti Ānini māhunga, pōātinitini Āmāimai, raruraru te moe Waha maroke, kei te uaua te mimi Reo whangowhango, tāwara mōtuhi, maremare	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 kōrero atu ki tō rata mēnā he mate manawa, tōngāmimi, repe tātea rānei, toto pōrutu, roikaru rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Kia tūpato kei uru te wainehu mai i ngongō *ipratropium* me te *salbutamol*, 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 ngaio hauora.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.

**He mōhiohio hira kei roto i tēnei mātārere, engari ehara i te mōhiohio katoa, mō tēnei rongoā.**

He whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Haratua 2017