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 raruraru 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
Kapa manawa tere, pokapoka rānei, tāporepore Ko ngā tohumate o te mate ate ko te: kōwhai o te kiri, karu rānei, mangeo, 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.