CITALOPRAM

sit-al-oh-pram

He aha te mahi?

Whakamahia ai te *citalopram* hei whakamaimoa i te pāpouri, me ētahi atu mate i ētahi wā.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru toto tōu, he mate bipolar, mēnā rānei i pā mai he rehu ohotata ki a koe i mua.
- 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 *citalopram*.

Me pēhea te kai?

Me kai te *citalopram* e ai ki ngā tohutohu me tētahi inu wai. Ka taea tēnei te kai i te taha o te kai, kāore 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 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?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *citalopram*, pērā i ēnei:

- ngā pire ārai-whakakakā, pērā i te diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®), aspirin rānei (hei tauira, Disprin®, kei ngā horopeta whakamauru mamae). Ka kitea ēnei i roto i ētahi rongoā rewharewha me te whurū (hei tauira, Nurofen Cold me te Flu®)
- aspirin horopeta-iti (hei tauira, Cartia®)
- ētahi rongoā mō te māhunga ānini, pērā i te sumatriptan (hei tauira, Sumagran Active®)
- omeprazole (hei tauira, Losec®)

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 (hei tauira, ecstasy).

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Ngā whakaaro whakamate Tāporepore Hukihuki, wiriwiri rānei ngā uaua tē taea e koe te pupuri, pōraruraru, nui te heke werawera, kirikā Rehu ohotata	Me wawe te kōrero atu ki tō rata
Anipā, kārangi He māmā, he rerekē rānei te marū, ka toto noa rānei	Me kōrero atu ki tō rata
Whakapairuaki, ruaki, mate tikotiko, kua kore e hiakai, waha maroke Hiamoe, raruraru te moe, ngenge, ngoikore rānei, hītakotako Pōātinitini, ānini māhunga, heke werawera Kua heke te hiahia, kei te raruraru rānei te ai	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:

- Ka whakawaimaero pea te *citalopram* i tō kaha ki te mahi i ngā mahi noa pērā i te taraiwa, te whakamahi mīhini rānei. Ka hē kē atu i te waipiro. Me kōrero mō tō mōrea me tō mātanga hauora. (rapu i NZTA – Are you safe to drive?)
- Ka pau pea ētahi wiki kia mahi ai te *citalopram*.
- Kaua rawa e mutu te kai *citalopram* me kōrero ki tō rata i te tuatahi.