

AMOXICILLIN (e kainga ana)

a-mox-ih-sil-in

He aha te mahi?

Whakamahia ai te *amoxicillin* hei whakamaimoa me te ārai i ngā whakapokenga huakita.

Me pēhea te kai?

Me kai i te *amoxicillin* 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 rango: Me kīnaki ngā pire ki te inu wai.

Wē: Āta inea mā tētahi pūwero, pune ine rānei. Kia kaha te rurerure i te pātara i mua i te ine i ia horopeta.

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, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mangeo, pupuhi, uaua te hēhē	Me wawe te kōrero atu ki tō rata
He tino kaha, mauroa rānei te mate tikotiko, mamae puku	Me kōrero atu ki tō rata
Ngā hakihaki mā iti i rō waha, arero huruhuru (mateīhi ā-waha) Mangeo te tara, tahe (mateīhi ā-tara) rānei	Me kōrero atu ki tō mātanga hauora
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 kōrero atu ki tō rata mēnā he raruraru tākihi, mate pupuhi repe taikiri, i pā mai rānei he uruparenga pāwera ki ngā rongoā paturopi.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Me kōrero atu ki tō rata mēnā kei te pāngia koe e te phenylketonuria (PKU). Kei roto pea i te wē amoxicillin ko te aspartame (he pūtaka nō te phenylalanine).
- Me rokiroki te wē *amoxicillin* 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.