Te Whatu Ora
Health New Zealand
Waitaha Canterbury

METFORMIN

met-for-min

He aha te mahi?

Whakamahia ai 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 *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 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
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.