

BECLOMETASONE (for inhalation)

bek-low-met-ah-sone

He aha te mahi?

He rongoā pūtaiakī te *beclometasone* e āwhina ana i a koe ki te ārai i ngā tohumate huangō me ngā raruraru whakahā. Ka whakaiti i te uruhumu i ū arahau kia māmā ake ai te whakahā.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te mate kōiwi (kōiwi ngoikore).
- 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 whakamahi?

Me whakangā te *bedometasone* e ai ki ngā tohutohu a tō mātanga hauora. Ka pai ake te mahi a te *bedometasone* ina whakamahia i ia rā. Me horoi i tō waha i muri mai.

Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā tohumate huangō, ngā raruraru whakahā rānei, me whakamahi i tō rongoā 'whakamāmā' (hei tauira, salbutamol, terbutaline, ipratropium).

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. Kaua 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 pe a koe?

| Ngā Hua Kino | Tūtohutanga hei whai |
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| Waha maroke, korokoro maroke rānei, reo whangowhangō | Me kōrero atu ki tō rata mēnā kei te mamae |
| Ngā hakihaki mā iti i rō waha, arero huruhuru (mateīhi ā-waha) | Me kōrero atu ki tō mātanga hauora mēnā he raruraru |

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Kaua e whakamutu te whakamahi i tō ngongō me te kore kōrero atu ki tō rata i te tuatahi.
- Ka hēmawana 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®), didofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®) rānei. Me kōrero atu ki tō mātanga hauora.
- He tino rerekē te pā mai o ngā pānga i te whakamahinga wā roa o te *beclometasone* pērā i te: kanohi porowhita, rerekē te āhua o te tinana, rerekē te tipu o ngā makawē, kiri mataero, kōiwi ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhangā toto, ka rerekē haere te kite me te matehuka – me kōrero ki tō mātanga hauora.
- He tino rerekē te whakamahi ngongō ka hē kē atu te whakahā. Me kōrero atu ki tō mātanga hauora mō tēnei.