Te Whatu Ora
Health New Zealand
Waitaha Canterbury

METOPROLOL

me-toe-pro-lol

He aha te mahi?

Whakamahia ai te *metoprolol* hei whakamaimoa i ētahi raruraru o te manawa me te toto pōrutu. Ka whakamahia i ētahi wā mō ētahi atu raruraru i pērā i te ānini.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru ate, huri o te toto rānei, huangō, mate huka rānei.
- 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 *metoprolol* e ai ki ngā tohutohu me tētahi inu wai.
Ka taea ngā pire tukunga whakahaere (CR), tukunga whakauka (SR) rānei te whakahāwhe mēnā e hiahiatia ana, engari kaua e kopenu, ngaungau rānei.

Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Me wawe tonu te kai i te horopeta. Mēnā he tata ki te wā mō tō horopeta whai ake, me waiho noa te mea e kua tāhapa, ā, ka haere tonu anō. 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 *metoprolol*, 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®)
- diphenhydramine (hei tauira, Unisom SleepGels®)

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
Tāporepore, aniroro Ka pupuhi ngā waewae, hēmanawa Kua heke te āhua ngākau	Me kōrero atu ki tō rata
Ngenge, ngoikore rānei Raruraru te moe, rerekē ngā moemoeā Makariri ngā ringa me ngā waewae, tengatenga, kēkerewai rānei Kua rerekē te āhua ai Ka mamae te puku	Me kōrero atu ki tō rata mēnā kei te mamae
Aniroro, āmai rānei i te tūtanga ake	Me āta tū ake. Mēnā kei te pā tonu mai, he tino kino rānei me kōrero atu ki tō rata.

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

Ētahi atu mōhiohio:

- Kaua rawa e mutu te kai *metoprolol* me kōrero ki tō rata i te tuatahi.