Te Whatu Ora
Health New Zealand
Waitaha Canterbury

# GLIBENCLAMIDE

*gli-ben-kla-mide*

## He aha te mahi?

Ka whakamahia te *glibenclamide* hei whakamaimoa i te matehuka. He whakaheke i tō kūhuka toto mā te whakapiki i te rahinga o te taiaki huka e hangaia ana e tō tinana.

## I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te raruraru tō tākihi, hohoretanga G6PD 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 ōrite te *glibenclamide* e ai ki ngā tohutohu me tētahi inu wai, ko te mea pai i te tīmatanga o te kai.

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

Ki te tāhapa i a koe te kai i te *glibenclamide* kaua ā kainga ā muri ake. Me waiho te horopeta i tāhapatia ka haere tonu e ai ki ngā tohutohu. 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 *glibenclamide*, pērā i ēnei:

- pia ā-waha miconazole (hei tauira, Daktarin Oral Gel®)

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 |
|---|---|
| Kūhuka toto iti: ko ngā tohumate pea ko te heke werawera, wiriwiri, anipā, kārangirangi rānei | Me inu, me kai rānei he mea reka. Me kōrero atu ki tō mātanga hauora mēnā he rite tonu te pā mai, he tino kino rānei. |
| Kōpukupuku, mangeo | Me kōrero atu ki tō rata |
| 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:

- Mēnā ka māuiui koe, me whai i tō mahere rā-māuiui matehuka, me kōrero rānei ki tō mātanga hauora.
- Tirohia tō taumata kūhuka toto e ai ki ngā tohutohu a tō mātanga hauora.
- Me whai aromatawai toto auau (HbA1c) koe hei tirotiro he pēhea te pai o te whakahaere i to matehuka.
- Ka rerekē pea i te waipiro ō taumata huka kūhuka, ā, ka nui ake te tūpono pā mai o te hapahuka. Ka hunaia pea e tēnei ō tohu whakatūpato o te kūhuka toto iti.
- Tirohia ō taumata kūhuka toto i mua i te taraiwa. Kaua e taraiwa mēnā kua pā mai te hapahuka i te mea kāore e haumaru te taraiwa i te hapahuka.