Te Whatu Ora
Health New Zealand
Waitaha Canterbury

GLYCERYL TRINITRATE (spray)

glis-er-ril try-nye-trate

He aha te mahi?

Whakamahia ai te *glyceryl trinitrate* hei whakamaene i te uma tino mamae. He whakangohe i ngā ia toto, kia nui ake ai te toto e rere ana ki te manawa.

I mua i to tīmata

- 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 e pāngia ana e koe e te tāporepore, ka aniroro rānei i ētahi wā.

Me pēhea te whakamahi?

Me whakamutu te mea e mahi ana koe. Me noho ki raro ka whakamahi i tētahi tōrehu 1 ki raro i tō arero.
Mēnā ka whakamaenetia te tino mamae o tō uma mā te whakatā, mā tō tōrehu rānei, ka taea e koe te āta hoki ki te mahi i ō mahi.
Mēnā kei te tino mamae tonu tō uma i muri i te 5 meneti, me whakamahi tētahi tōrehu 1 anō.
Mēnā kei te tino mamae tonu tō uma i muri i te 5 meneti atu anō, me whakarite pērā anō i tētahi mate manawa – me wawe te waea atu mō tētahi waka tūroro (111).

Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *glyceryl trinitrate*, pērā i ēnei:

- sildenafil (hei tauira, Viagra®), ētahi atu rongoā ōrite rānei. Ki te kāinga tahitia ēnei me te *glyceryl trinitrate* ka pā mai pea ngā tohumate tino kaha rawa – me kōrero ki tō ngaio hauora mō tēnei.

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
Uraura, ānini māhunga Kapa manawa tere Tāporepore, aniroro	Me takoto ki raro kia mutu rā anō ngā pānga – me kōrero atu ki tō rata mēnā ka raruraru

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

Ētahi atu mōhiohio:

- Ki te inu waipiro me te *glyceryl trinitrate* i te wā kotahi ka whakanui ake i ngā tohumate.
- Tirohia te rā mōnehu kua tuhia ki te ipu. I muri i tenei rā kāore pea e mahi te tōrehu, nō reira me tiki e koe tētahi tōrehu hou.
- Me noho tata mai tō *glyceryl trinitrate* i ngā wāhi katoa, kia mōhio ai koe kei hea ina hiahiatia e koe.
- Ka āhua tengatenga pea i roto i tō waha ina whakamahia e koe te *glyceryl trinitrate*. Kei te pai tēnā.
- Ka taea te *glyceryl trinitrate* te whakamahi i mua i tētahi mahi e pā mai ai te tino mamae ki tō uma i ētahi wā. Me kōrero ki tō rata mō tēnei.
- Me matapaki ki tō rata. Ki te aniroro, āhua takarangi rānei koe i muri i te whakamahi i tō *glyceryl trinitrate*, kaua e taraiwa, whakahaere mīhini rānei kia kore atu tēnei.
- Me whakamātautau te tōnehu (papupapu) o ētahi momo i mua i te whakamahi. Me kōrero atu ki tō ngaio hauora mō tēnei.