# SERTRALINE

*ser-tra-leen*

## He aha te mahi?

Whakamahia ai te *sertraline* hei whakamaimoa i te pāpouri, me ētahi atu mate i ētahi wā.

## I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru toto tōu, he mate bipolar, mēnā rānei i pā mai he rehu ohotata ki a koe i mua.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Ka whakahaerehia pea e tō rata he whakamātautau manawa (ECG) i mua i tō tīmatanga, ā, i a koe e kai ana i te *sertraline*.

## Me pēhea te kai?

Me kai te *sertraline* e ai ki ngā tohutohu me tētahi inu wai. Ka taea tēnei te kai i te taha o te kai, kāore rānei.

## 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?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *sertraline*, 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®)
- aspirin horopeta-iti (hei tauira, Cartia®)
- ētahi rongoā mō te māhunga ānini, pērā i te sumatriptan (hei tauira, Sumagran Active®)

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 (hei tauira, St John's wort), ngā whakapōauau rānei (hei tauira, ecstasy).

## He aha ngā hua kino ka rongo pea koe?

| Ngā Hua Kino | Tūtohutanga hei whai |
|---|---|
| Ngā whakaaro whakamate<br>Tāporepore<br>Hukihuki, wiriwiri rānei ngā uaua tē taea e koe te pupuri, pōraruraru, nui te heke werawera, kirikā<br>Rehu ohotata | Me wawe te kōrero atu ki tō rata |
| Anipā, kārangi<br>He māmā, he rerekē rānei te marū, ka toto noa rānei | Me kōrero atu ki tō rata |
| Whakapairuaki, ruaki, mate tikotiko, kua kore e hiakai, waha maroke<br>Hiamoe, raruraru te moe, ngenge, ngoikore rānei, hītakotako<br>Pōātinitini, ānini māhunga, heke werawera<br>Kua heke te hiahia, kei tē raruraru rānei te ai | 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:

- Ka whakawaimaero pea te *sertraline* i tō kaha ki te mahi i ngā mahi noa pērā i te taraiwa, te whakamahi mīhini rānei. Ka hē kē atu i te waipiro. Me kōrero mō tō mōrea me tō mātanga hauora. (rapu i NZTA – Are you safe to drive?)
- Ka pau pea ētahi wiki kia mahi ai te *sertraline*.
- Kaua rawa e mutu te kai *sertraline* me kōrero ki tō rata i te tuatahi.