

BECLOMETASONE (for inhalation)

bek-low-met-ah-sone

He aha te mahi?

He rongoā pūtaia ki 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 ō 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 whakāngā te *beclometasone* e ai ki ngā tohutohu a tō mātanga hauora. Ka pai ake te mahi a te *beclometasone* 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 tauria, 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 whakāngā i tō horopeta whai ake i te wā e tika ana. Tērā rānei, me whakāngā te horopeta i tāhapatia ina maumahara ana koe. Kaua rawa e whakāngā 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 pea koe?

Ngā Hua Kino	Tūtuhutanga hei whai
Wāha maroke, korokoro maroke rānei, reo whangowhango	Me kōrero atu ki tō rata mēnā kei te mamae
Ngā haki haki mā iti i rō waha, arero huruhuru (mateihi 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 hēmanawa ētahi tāngata e pāngia ana e te mate huangō i muri i te kai i ngā rongoā whakamaene mamae pērā i te aspirin (hei tauria, Aspec®), diclofenac (hei tauria, Voltaren®), ibuprofen (hei tauria, 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 makawe, kiri mataero, kōiwi ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhanga toto, ka rerekē haere te kīte 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.