TIOTROPIUM

tee-oh-troe-pee-um

He aha te mahi?

Ka whakamahia te ipratropium ki te whakamaimoa i ngā tohumate o te COPD me te huangō. Ka huaki tēnei i ngā arahau whāiti kia māmā ake te whakahā.

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 pēhea te whakamahi?

HandiHaler®: Me whakangā i ngā mea kei roto i ia pire *tiotropium* mā te whakamahi i te pūrere HandiHaler®, e ai ki ngā tohutohu o tō mātanga hauora. Kaua rawa e horomi i ngā pire.
Respimat®: Me auau te whakangā i te *tiotropium* mā te pūrere Respimat® e ai ki ngā tohutohu a tō mātanga hauora. Ka pai ake te mahi a te *tiotropium* ina whakamahia i ia rā.

Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā raruraru whakahā, me whakamahi i tō rongoā 'whakamāmā' (hei tauira, salbutamol, terbutaline 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 tāhapatia ka whakangā i tō horopeta whai ake i te wā e tika ana. Tērā rānei, me whakangā te horopeta i tāhapatia ina maumahara ana koe. Kaua rawa e whakangā 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	Tūtohutanga hei whai
Waha maroke	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:

- Kia tūpato kei uru te puehu, te wainehu rānei mai i tō ngongō *tiotropium* ki ō karu. Ki te pā mai tēnei, me tino horoi i ō karu ki te wai.
- 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 tauira, Aspec®), diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®) rānei. Me kōrero atu 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.