

# Trelegy Ellipta mō te COPD

Whakahua ('TREL-e-gee' e-LIP-ta)



Whakamahia ai te Trelegy Ellipta hei rongoā mō te mate puru ia-auraki pūkahu tauroa (COPD).

Ka pā te COPD ki ō pūkahukahu me tō arahau, ka mutu ka ngāngā te tangata. Ko ngā momo COPD ka kitea whānuitia ko te miru pupuhi me te pekahu kakā tauroa.



[www.healthify.nz](http://www.healthify.nz)



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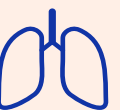
## Ko te Trelegy Ellipta tētahi ngongō e 3 ōna rongoā

E 3 ngā rongoā o te Trelegy Ellipta, nō reira he iti ake ngā ngongo ka hiahiatia. Ko ngā rongoā ko te:

- Fluticasone (whakahua 'floo-tik-ah-sone')
- Umeclidinium (whakahua 'ue-mek-li-din-ee-um')
- Vilanterol (whakahua 'vye-lan-ter-ol')

✓ Ko tā te **Fluticasone** he whakaiti i te pupuhi me te māngeongo i roto i ngā arahau o ō pūkahukahu.

✓ Ko tā te **Umeclidinium** me te **vilanterol** he whakamahuru i ngā uaua o ō arahau kia māmā ai te rere o te hau ki roto, ki waho hoki i ō pūkahukahu.



Mā ēnei rongoā tauroa e māmā ake ai te hēhē, ka whakaiti hoki i te pānga ohorere o ō tohu mate.

E kore koe e mate ki te whakamahi i ngā ngongō 'aukati' mō tō COPD.



**KIA MŌHIO:** He rongoā tauroa te Trelegy Ellipta. E kore e wawe te whakaora i ngā raru hēhē ohorere pērā i te ngāngā, te pēhanga o te uma, te hēmanawa rānei.

- Hei whakamaimoa i ēnei tohu mate, whakamahia tō ngongō 'whakamahu' pērā i te salbutamol, te terbutaline rānei.
- Kia maumahara ki te whakamahi tonu i tō ngongō Trelegy Ellipta i ia rā.



## Ko te Trelegy Ellipta he ngongō nehu maroke

- Ka ngongoa te nehu mā tō waha.
- Ina whakangā koeka uru tika te rongoā ki ō arahau.



Mō ētahi atu mōhiohio mō te Trelegy Ellipta, haere ki [www.healthify.nz/trelegy-ellipta](http://www.healthify.nz/trelegy-ellipta)

## Whakamahia tō ngongō i ia rā

- E pai ai tana mahi, me whakamahi tēnei ngongō kia kotahi te wā, i ia rā
- Whakamahia tō ngongō i te wā ōrite i ia rā kia maumahara ai koe.
- He tatau pota tōna, kia mōhio ai koe e hia ngā pota e toe ana.
- Ka whero te ine ina iti ake i te 10 pota e toe ana, hei whakamōhio i a koe ki te tono ki tō kaiwhakarato hauora mō tētahi ngongō hou.



**Kia mōhio:** Kauga e tango i te uhi o te ngongō me te kore e whakamahi; ka moumou tēnei i tētahi pota.



Ina wetekina te tākai raukonu, kotahi marama te roa hei whakamahi i te ngongō.  
Ina wetekina te tākai, tuhia te rā.



## Horoia tō waha i muri i te ngongō

Horoia tō waha ki te wai i muri i te whakamahi i tēnei ngongō kia kore ai tō korokoro e mamae, e pāngia rānei ki ngā pokenga waha.



## Kia āta horoi me te pupuri i tō ngongō

### Me:

- ✓ Muku te ngutu me tētahi pepa rauangi.
- ✓ Puritia ki tētahi wāhi mātao, maroke, pōuri hoki pērā i te hautō ki tō rūma moe, te kīhini rānei.
- ✓ Hunaia i ngā tamariki me ngā mōkai.

### Kauga e:

- ✗ Horoi, whakamāku rānei i te ngutu.
- ✗ Pupuri i tō ngongō ki roto i te rūma horoi.



## Me whakarite kei te whakamahi tika koe i tō ngongō

Mēnā kei te rangirua koe, pātai atu ki tō kaiwhakarato hauora ki te whakaatu ki a koe me pēhea, me mātaki rānei i te ataata ki raro nei mā te matawai i te waehera QR.



Matawaitia te waehera QR, haere rānei ki  
[www.healthify.nz/trelegy-ellipta](http://www.healthify.nz/trelegy-ellipta)