

Te kai metformin hei rongōā patu matehuka o te hapūtanga

Ko tā tēnei pānui he whakamārama i ngā āhuatanga e pā ana ki te kai metformin hei rongōā patu matehuka. Ehara tēnei pānui i te ōrite ki te wānanga i te taha o tō wahine whakawhānau, rata, tāpuhi, kēmihi rānei.

Te matehuka o te hapūtanga

Ka pāngia ki tēnei tū matehuka mehemea he nui rawa te kūhuka (he momo huka) kei ngā toto i te wā kua hapū. Mā te taiaki e whakahaere te nui o te kūhuka o ngā toto. I ētahi wā he iti rawa te taiaki, he ngoikore rānei i te wā kua hapū.

Kitea noatia ai te matehuka o te hapūtanga. Ka pāngia āhua waru o ngā wāhine 100 e hapū ana ki te matehuka e kōrerohia nei.

I ētahi wā kāore te wahine hapū i te mōhio kua pāngia ia ki taua matehuka. Ki ētahi wāhine ko te tohu matehuka he:

- hanga ngoikore
- kaha o te hiainu
- kaha o te hiamimi
- pāngia ki ngā pokenga huhua.

Ki ētahi wāhine karekau he tohu matehuka. Koirā e whakamātauria ai ngā wāhine hapū katoa mō te matehuka, kia maimoatia ai.

Metformin

Kua roa te rongōā metformin e whakamahia ana ki te whakaheke i te kūhuka o ngā toto. Ko tāna mahi he whakakaha ake i te taiaki o tō tinana. He whakataruna i te haerenga o te huka o āu kai ki ō toto tētahi o āna mahi.

Ka tika te mahi a metformin mehemea he tika te kai me te kori tinana.

He pire te metformin e horomia ana i te wā e kai ana - kia rua, toru rānei ngā wā i te rā.

Te kai metformin hei patu i te matehuka o te hapūtanga

Ki te kore e maimoatia taua matehuka tēnā pea ka raru te whaea me te pēpi. Ka piki haere te mōrea ki a kōrua ko tō pēpi mēna he piki haere te nui o te kūhuka toto.

Ko ngā mōrea ki te whaea, he:

- pēhanga toto teitei (preeclampsia)

- matehuka ā ngā tau whai muri ake
- motu whakawhānau.

Ko ngā mōrea ki te pēpi, he:

- nui rawa te tupu (he mōrea kia whara i te wā whānautanga hoki)
- whānautanga wawe rawa (he tamaiti kokoti tau)
- kūhuka toto iti whai muri i te whānautanga
- haerenga ki te hōhipera kia tiakina ai
- huhunu (mate kōwhai)
- uaua ki te whakahā.

Mā te metformin e whakaheke ai ēnei mōrea.

Kei te pikitia o te whārangi whai muri nei, e kitea ai te tokomaha o ngā wāhine me ngā pēpi e pāngia ai, me te painga o te maimoatanga.

Kei te haumaruru te metformin hei patu i te matehuka o te hapūtanga

Kei te haumaruru te metformin hei patu i te matehuka o te hapūtanga, ā, kua whakamātauria ā-haumanu.

Mā te metformin tō taumaha me tō pēhanga toto e whakaheke.

Ko te pānga kino matua, he mamae puku pērā i te pupū ruaki me te tikotiko. Mā te horomi metformin ki te taha o te kai e heke haere ai ngā mate o te puku. Mēnā he pānga kino, haere ki tō tākuta, ka whākina ai ki te Pokapū Aroturuki Tauhohe Kino (Centre for Adverse Reactions Monitoring) (tirohia ki raro iho).

Me āta aroturuki i te nui o te kūhuka toto i te roanga o tō hapūtanga.

Kei te haumaruru te metformin mā te pēpi

Kei te haumaruru mā te pēpi te metformin e horomia ana hei patu i te matehuka. Mā te whakaheke kūhuka toto, e heke haere ai ngā mōrea e rārangihia ai i runga ake, ki tō pēpi.

Ka whakatauritehia ki te maimoa taiaki, he hua mā tō pēpi; ko te tikanga, ka:

- māori noa tana taumaha
- kore e iti rawa te kūhuka toto
- kore e haria ki te hōhipera.

Kāore he pānga ki te whanaketanga o te tamaiti nā te metformin.

Ētahi anō kōwhiringa

Ko te whakamahi taiaki tētahi anō huarahi ki te whakaheke i te kūhuka toto i te wā hapūtanga.

Mō ētahi wāhine me whai taiaki me te metformin hoki. He pai tonu ngā mea e rua i te wā kotahi.

Ahakoia te maimoatanga, he mea nui te kai i ngā kai tika, te whai tonu i te kori tinana.

Te matehuka o te wahine hapū whai muri i te whānautanga mai

Kāore e pāngia te nuinga o ngā wāhine ki te matehuka whai muri i te whānautanga mai.

Heoi anō, mēnā me kai tonu i te metformin, he pai tonu te whāngote.

Me oti i a koe ngā whakamātautau mēnā koirā te kupu tohutohu a te rata, te tāpuhi rānei.

Ētahi anō mōhiohio

Kōrero ki tō wahine whakawhānau, rata, tapuhi, rānei.

Mōhiohio e pā ana ki te matehuka:
www.diabetes.org.nz/

Mōhiohio e pā ana ki te hapūtanga:
www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy

Mōhiohio e pā ana ki ngā rongoā:
www.medsafe.govt.nz/Medicines/infoSearch.asp

Mōhiohio e pā ana ki ngā pānga kino:
<https://nzphvc.otago.ac.nz/>

Ko ngā hua papai o te maimoatanga i te matehuka mā te whaea kua hapū, mā te pēpi hoki

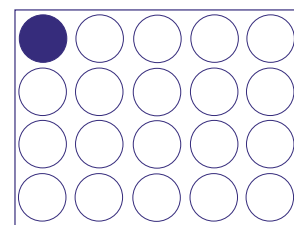
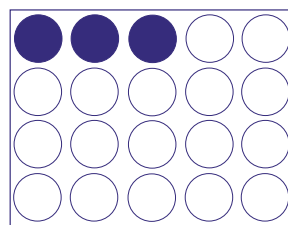
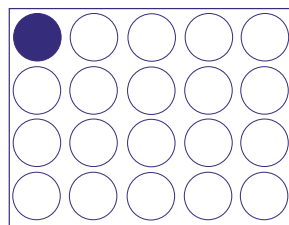
Ko tā te ira waiporoporo he whakaatu i te tokomaha e pāngia ana.

Karekau he matehuka o te hapūtanga

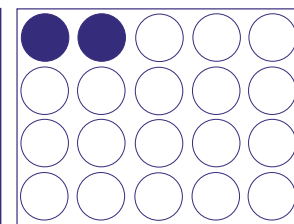
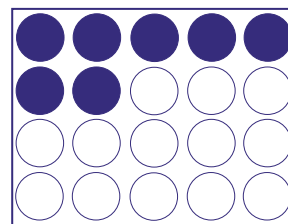
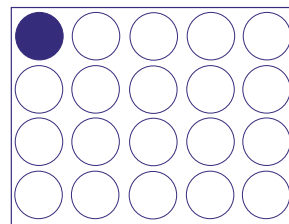
Ka ahatia ki te kore e maimoatia te matehuka o te hapūtanga

Ka ahatia mēnā e maimoatia ai te matehuka o te hapūtanga

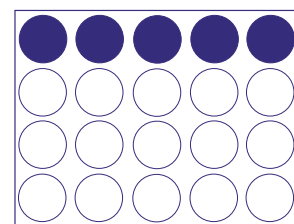
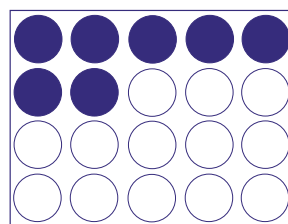
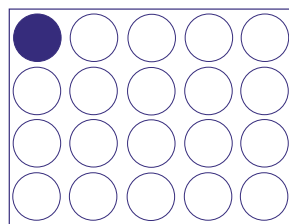
Ngā wāhine e pāngia ai e te preeclampsia (pēhanga toto teitei)



Ngā pēpi i whānau wawetia rawatia



Ngā pēpi e haria ana ki te hōhipera



Ngā pēpi kua nui rawa te tupu

