

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI  
ENAP-CO**

**ISIMO SESHEDULI YOKUPHEPHA NOBUNGOZI BOMUTHI**

**S3**

**IGAMAKUHWEDA LOMKHIQIZO KANYE NESIMO SOMTHAMOSILINGANISO**

Amaphilisi i-**ENAP-CO**

**Ngaphambi kokuba uqale ukusebenzisa i-ENAP-CO funda ngokucophelela lonke leli pheshana lolwazi.**

- Ligcine leli pheshana lolwazi. Kungenzeka ukuthi kudingeke ukuba uphinde futhi ulifunde.
- Uma uneminye imibuzo engeziwe, buza udokotela wakho noma usokhemisi.
- I-**ENAP-CO** iqondene nawe kuphela futhi inikezwe wena, ngakho-ke ungalokothi wabelane ngayo nabanye abantu. Kungenzeka bona ibalimaze, nakuba nabo benezimpawu ezifana nezakho.

**1. Okuqukethwe yi-ENAP-CO**

Izithako zokwelapha eziyinhloko eziqukethwe lapha yi-*enalapril maleate* kanye ne*hydrochlorothiazide*.

Iphilisi ngalinye le-**ENAP-CO** liqukethe i-*enalapril maleate* engama-20 mg kanye ne*hydrochlorothiazide* engama-12,5 mg.

Ezinye izithako yi*lactose monohydrate*, *magnesium stearate*, isitashi sommbila, isitashi esiguquliwe saba yimpushana eyomile (*pre-gelatinised starch*), *sodium hydrogen carbonate*, *talc*.

I-**ENAP-CO** iqukethe ushukela (*ilactose monohydrate* engama-122,16 mg).

**2. I-ENAP-CO ISETSHENZISELWA LOKHU:**

I-**ENAP-CO** isetshenziselwa ukwelapha *ihypertension* (umfutho wegazi ophakeme). Ngokuvamile udokotela wakho uzokunikeza i-**ENAP-CO** lapho usulawulekile kakade umfutho wakho wegazi emuva kokusebenzisa, ngokwehlukana, zombili izithako zalo muthi.

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**3. NGAPHAMBI KOKUBA UTHATHE I-ENAP-CO:**

**UNGALOKOTHI usebenzise i-ENAP-CO uma:**

- Ukhulelwe, ucabanga ukuthi mhlawumbe ukhulelwe, uhlela ukukhulelwa noma uma usancelisa umntwana wakho. Kumele usebenzise umuthi ohlukile uma uhlela ukukhulelwa.
- Umzimba wakho ungezwani ne-*enalapril*, i-*hydrochlorothizide* kanye nanoma yiziphi izithako zalo muthi (bheka ingxenye ethi **OKUQUKETHWE YI-ENAP-CO**), noma uma umzimba wakho ungezwani nohlobo lomuthi obizwa nge-*sulphonamide* osetshenziselwa ukwelapha izifo ezibangelwa wukutheleleka ngamagciwane.
- Usebenzisa ama-*fluoroquinolones* (uhlobo oluthile lwama-antibhayothikhi) anjenge-*ciprofloxacin* noma i-*levofloxacin* kanyekanye ne-**ENAP-CO**, xhumana nodokotela wakho ukuze ahlaziye kabusha imithi akwelapha ngayo.
- Esikhathini esedlule uke welashwa ngemithi yohlobo olufanayo ne-**ENAP-CO** okwenze ukuthi uphathwe ngama-aleji anjengobunzima bokuphefumula, noma bokugwinya, ukuvuvukala kwezandla, izinyawo noma amaqakala, noma uma wena noma umndeni wakho nike naphathwa yila ma-aleji ngenxa yezinye izizathu. Ungalokothi uphinde uyisebenzise le mithi, kubandakanya ne-**ENAP-CO**.
- Unesifo sofuzo esidala ukuvuvukala ngaphansi kwesikhumba ngenxa yama-aleji, phecelezi, i-*angioedema* (okuyisifo esikhuphula amathuba okuthi uhlaselwe wukuvuvukala okushiwo ngenhla).
- Unenkinga yokukhula kogginsi lomsipha wenhliziyo (okwaziwa nge-*hypertrophic cardiomyopathy*).
- Unezinkinga zokugula okunamandla okuphathelene nezinsongo (isibonelo, uma ungachami).
- Unenkinga yokuncipha kwemithambo yegazi eya kuzo zombili izinso noma eya ensweni eyodwa.
- Une-*aortic stenosis*, inkinga yokuncipha kwembobo ye-*aortic valve* ephakathi kwe-*ventricle* yangakwesokunxele (igumbi elikhulu lenhliziyo elimpompayo) kanye ne-*aorta* (umthambo omkhulu ophuma enhliziyweni).

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- Usebenzisa kakade amaphilisi amanzi onga *ipotassium* aqukethe i-*eplerenone*, *spironolactone*, *triamterene* noma i-*amiloride* (esetshenziselwa ukwelapha inkinga yokugcwala kwamanzi emzimbeni ezigulini ezinomfutho wegazi ophakeme noma ezinezinkinga zenzliziyo, isibindi noma izinso).
- Uphethwe yi-*porphyria* (inkinga eyivelakancane ephathelene negazi).
- Usebenzisa *lithium* (esetshenziselwa ukwelapha ingcindezi yengqondo noma izinkinga zesimo sengqondo nomphefumulo).
- Usebenzisa imikhiqizo equkethe i-*aliskiren* (ukwelapha umfutho wegazi ophakeme).

**Qaphela kakhulu uma usebenzisa i-ENAP-CO:**

Ngaphambi kokuba uthathe i-**ENAP-CO** kumele umazise udokotela wakho noma usokhemisi uma:

- Ukhulelwe noma uma usola sengathi ukhulelwe, ungalokothi usebenzise i-**ENAP-CO** (bheka isigatshana esithi **Ukukhulelwa kanye nokuncelisa**).
- Usebenzisa ama-*fluoroquinolones* (uhlobo oluthile lwama-antibhayothikhi) anjenge-*ciprofloxacin* noma *levofloxacin* kanyekanye ne-**ENAP-CO**, xhumana nodokotela wakho ukuze ahlaziye kabusha imithi akwelapha ngayo.
- Umzimba wakho ungenawo usawoti ngenxa yokudla ukudla okunosawoti omncane, noma uma kamuva nje usanda kulahlekelwa wuketshezi oluningi emzimbeni ngenxa yokusebenzisa amaphilisi amanzi (*diuretics*) anamandla, noma ngenxa yokuhlaza noma yesifo sohudo.
- Usebenzisa izondlamzimba ze-*potassium* noma imikhiqizo esetshenziswa esikhundleni sikasawoti equkethe *ipotassium*.
- Unezinkinga zezinso, noma uma usufakwe inso yokufakelwa noma uma ungaphansi kohlelo lokuhlazwa kwegazi ngomshini ngenxa yezinso ezingasebenzi kahle.
- Unezinkinga zenzliziyo.
- Unenkinga yomfutho wegazi ophansi. Lokhu ungakuphawula ngokuthi uzizwe unesiyazi noma unenzululwane, ikakhulukazi lapho usukuma uma ngezinyawo.

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- Uphethwe yisifo *collagen vascular disease* (isifo esiphazamisa ukusebenza kwamathishu axhumanisayo emzimbeni ayingxenye yohlelo lokweseka umzimba wakho).
- Usebenzisa imithi yokucindezela amasosha omzimba (esetshenziselwa ukwelapha isifo samathambo *i-arthritis* noma esetshenziswa emuva kokuhlinzwa ngenhloso yokufakelwa isitho somzimba).
- Usebenzisa *iprocaïnamide* (ukwelapha inkinga yokushaya kwenhliziyo ngesigqi esingahambelani kahle) noma *i-allopurinol* (yokwelapha igawuthi).
- Ungenwa yisifo (izimpawu kungaba yizingakushisa eliphakeme noma imfiva).
- Unesifo sikashukela; kungenzeka siguqulwe isidingo sakho *se-insulin* kanye neminye imithi yokwelapha isifo sikashukela. Kumele uhlale uqaphile ukuthi awehli yini ushukela egazini lakho, ikakhulukazi ngenyanga yokuqala yokwelaswa.
- Unomlando wokuba nenkinga yokuvuvukala ngaphansi kwesikhumba, (okuyinkinga edalwa ngama-aleji anamandla) ngenxa yemithi. Izimpawu kungaba ukuluma kwesikhumba, ukuqubuka, ukubefuzela noma ukuvuvukala kwezandla zakho, umphimbo, umlomo noma amajwabu amehlo.
- Uke waphathwa wumdlavuzwa wesikhumba noma uma umilwa yizisihla zesikhumba ezingalindelekile (izimila zesikhumba ezingajwayelekile). Ukwelashwa nge*hydrochlorothiazide*, okusho ukwelashwa ngomuthi onjenge-**ENAP-CO**, ikakhulukazi uma usuyisebenzise isikhathi eside futhi uthatha imithamosilinganiso ephakeme, kungenzeka kukhuphule ubungozi bokuphathwa yizinhlobo ezithile zomdlavuzwa wesikhumba noma wodebe lomlomo (*non-melanoma skin cancer*). Sivikele isikhumba sakho singashiswa yilanga futhi singahlatshwa yimisebe yelanga enobungozi ngenkathi usebenzisa i-**ENAP-CO**.
- Sekusondele isikhathi sokuthi uthole ukwelashwa ngenxa ye-aleji edalwe wukutinyelwa yinyosi noma umnyovu.
- Sekusondele isikhathi sokuthi uthole ukwelashwa okubizwa nge*LDL apheresis*, okususa ikholesteroli egazini lakho kusetshenziswa umshini.

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- Uhlaselwa wukukhwehlela.
- Uzohlinzwa noma uzonikezwa umuthi olalisayo ukuze ungazizwa izinhlungu lapho uhlinzwa. Kumele utshele udokotela wakho ngaphambi kokusebenzisa i-**ENAP-CO** njengoba kungenzeka
- ube nenkinga yokwehla ngokushesha komfutho wegazi.
- Unezinkinga zesibindi.

Ungalokothi unikeze izingane ezisesigabeni sokuthomba kanye nezingane ezingaphansi kweminyaka eyi-18 ubudala i-**ENAP-CO** njengoba kungaqinisekiswa ukuphepha kanye nokusebenza kahle kwayo kuzona.

**Ukuhlolwa okujwayelekile:**

Lapho usaqala ukusebenzisa i-**ENAP-CO**, udokotela wakho uzowubhekisa njalo futhi ngokuqhubekayo umfutho wakho wegazi ukuqinisekisa ukuthi umthamosilinganiso onikezwe wona ngumthamosilinganiso ofanele. Ngaphezu kwalokho, ezigulini ezithile, udokotela kungenzeka afune ukwenza ukuhlolwa okuthile (amathesti) ngenhloso yokukala amazinga *epotassium*, *sodium*, *magnesium*, *creatinine* kanye nezikhuthazalushintsho zesibindi. Kungenzeka futhi udokotela ahlole nokusebenza kweziso zakho.

**Ukuphuza i-ENAP-CO nokudla kanye nophuzo:**

Uma i-**ENAP-CO** iphuzwa kanyekanye notshwala lokho kungadala isiyenzi noma inzululwane.

**Ukukhulelwa kanye nokuncelisa**

**UNGALOKOTHI** usebenzise i-**ENAP-CO** uma ukhulelwe, noma uma uhlela ukukhulelwa noma uma ucabanga ukuthi ukhulelwe. Xhumana ngokushesha nomhlinzeki wakho wosizo lwezempilo nokwelashwa.

**UNGALOKOTHI** uphuze i-**ENAP-CO** ngenkathi usancelisa.

## IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI ENAP-CO

Uma ukhulelwe noma usancelisa umntwana wakho, bonana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze akweluleke ngaphambi kokuba usebenzise i-**ENAP-CO**.

### **Ukushayela kanye nokusebenzisa imishini:**

Imithi eyehlisa umfutho wegazi kungenzeka ikubangele isiyezi noma ukozela. Qinisekisa ukuthi uyazi ukuthi ikuphatha kanjani i-**ENAP-CO** ngaphambi kokuthi ushaye imoto noma usebenzise umshini.

### **Ulwazi olubalulekile mayelana nezinye zezithako ze-ENAP-CO**

I-**ENAP-CO** iqukethe ushukela wobisi (*lactose*). Iziguli ezinezifo zofuzo eziyivelakancane zokuhluleka komzimba ukugaya ushukela wobisi noma olunye uhlobo lukashukela olubizwa nge*galactose* akumele zisebenzise i-**ENAP-CO**.

I-**ENAP-CO** iqukethe ushukela wobisi ongaba nomthelela ekulawulekeni koshukela egazini lakho uma unesifo sikashukela.

### **Ukusebenzisa eminye imithi ngesikhathi esifanayo ne-ENAP-CO**

Kumele ngaso sonke isikhathi umazise umhlinzeki wakho wosizo lwezempilo nokwelashwa uma kukhona noma yimiphi eminye imithi oyisebenzisayo. (Lokhu kubandakanya nemithi eyizondlamzimba kanye nemithi yesintu.)

I-**ENAP-CO** kungenzeka iguqule indlela esebenza ngayo imithi elandelayo:

- *Amafluoroquinolones* (uhlobo oluthile lwama-antibhayothikhi) anjenge*ciprofloxacin* noma *levofloxacin* angaholela ekulimaleni kwezinsoko okunamandla futhi okuxinayo, xhumana nodokotela wakho ukuze ahlaziye kabusha imithi akwelapha ngayo.
- Amanye ama-*ACE inhibitors* noma *i-aliskiren* (okusetshenziselwa ukwelapha umfutho wegazi ophakeme) noma ama-*angiotensin II receptor blockers* (ARBs) aziwa ngelamasartans, isibonelo, *ivalsartan*, *telmisartan*, *irbesartan* njll.

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- Eminye imithi esetshenziselwa ukwelapha umfutho wegazi ophakeme enjenge*nitroglycerine*, ama-*nitrates* kanye nama-*vasodilators*.
- *lithium* esetshenziselwa ukwelapha ingcindezi yengqondo noma izinkinga zesimo sengqondo nomphefumulo (bheka isigatshana esithi **Ungalokothi usebenzise i-ENAP-CO**).
- Imithi eyizidambisizinhlungu ezingama*non-steroidal anti-inflammatory medicines* (NSAIDs) kubandakanya ne-*aspirin* (esetshenziselwa ukwelapha izinhlungu nokuvuvukala).
- Amaphilisi amanzi (*diuretics*) onga *ipotassium* anjenge-*eplerenone*, *spironolactone*, *triamterene* noma i-*amiloride*), izondlamzimba ze*potassium* noma imikhiqizo esetshenziswa esikhundleni sikasawoti equkethe *ipotassium*.
- Amaphilisi amanzi (*diuretics*), isibonelo, *thiazides*, *furosemide*, *bumetanide*.
- *Amatricyclic antidepressants* asetshenziselwa ukwelapha ingcindezi yengqondo, imithi yokugula okuphathelene nokusebenza kwengqondo (*antipsychotics*) esetshenziselwa ukwelapha inkinga yetwetwe nexhala elinamandla noma esetshenziswa njengemithi yokulalisa umuntu ozohlinzwa.
- Umjovo wegolide (*sodium aurothiomalate*) okungumuthi ongumjovo osetshenziselwa ukwelapha ukuqina nokuvuvukala kwemisipha yomzimba, amathambo kanye namajoyinti omzimba.
- Imithi enjenge-*epinephrine*, esetshenziswa kumakhambi athile okwelapha ukukhwehlela nomkhuhlane noma *inoradrenaline* kanye ne-*adrenaline* esetshenziselwa ukwelapha umfutho wegazi ophansi, nokwehla ngokweqile komfutho wegazi kangangokuthi nenhliziyo ize iyeke ukusebenza ngendlela efanele (*shock*), ukuhluleka kwenhliziyo ukusebenza kahle, isifuba somoya noma ama-aleji.
- Imithi esetshenziselwa ukwelapha isifo sikashukela (isibonelo, *insulin*).
- Izithambisimisipha yomzimba (isibonelo, *tubocurarine*).
- *Amobarbiturates* (imithi elalisayo esetshenziselwa ukulalisa noma ukwelapha isifo sokuwa).
- *Icholestyramine* kanye ne*colestipol* (esetshenziselwa ukulawula amazinga ekholesteroli).

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- *Iquinidine, procainamide, amiodarone* noma *isotalol* (esetshenziselwa ukwelapha inkinga yokushaya kwenhliziyo ngesigqi esingahambelani kahle).
- *Idigoxin* (esetshenziselwa ukwelapha izinkinga zesigqi senhliziyo).
- *Amacorticosteroids* (imithi yokudambisa nokwelapha izifo ezinjenger*rheumatism*, *i-arthritis*, ama-aleji, isifuba somoya noma izinkinga ezithile eziphathelene negazi).
- I-ACTH (yokuhlola ukuthi ama-*adrenal glands* akho asebenza kahle yini).
- *Icarbenoxolone* (esetshenziselwa ukwelapha izilonda esiswini).
- Ukusetshenziswa ngokweqile kwemithi yokuhlambulula isisu.
- Imithi yokwelapha umdlavuzi (isibonelo, *methotrexate, cyclophosphamide*).

**ISETSHENZISWA KANJANI I-ENAP-CO**

Ungalokothi wabelane nanoma yimuphi omunye umuntu ngemithi onikezwe yona ngumhlinzeki wakho wosizo lwezempilo nokwelashwa ngoba iqondene nawe kuphela.

Kumele njalo i-**ENAP-CO** uyiphuze ncimishi ngendlela akuyalele ngayo udokotela wakho. Kumele ubuze udokotela wakho noma usokhemisi uma ungaqinisekile.

Umthamosilinganiso ojwayelekile yiphilisi elilodwa eliphuzwa kanye ngosuku. Udokotela wakho kungenzeka awukhuphule umthamosilinganiso ube ngamaphilisi amabili aphuzwa kanye ngosuku.

Udokotela wakho uzokutshela ukuthi kuzothatha isikhathi eside kangakanani ukwelashwa kwakho nge-**ENAP-CO**. Ungalokothi uyeke ukudla amaphilisi akho ngaphambi kwesikhathi ngoba umfutho wegazi ophakeme obukuphethe kungenzeka ubuye.

Uma unezinkinga zezinso, bonana nodokotela wakho ukuze uthole umthamosilinganiso we-**ENAP-CO** ofanele.

Uma ubona sengathi i-**ENAP-CO** inamandla ngokweqile noma sengathi ayinawo neze amandla, tshela udokotela wakho noma usokhemisi.

I-**ENAP-CO** akumele inikezwe labo abasesigabeni sokuthomba kanye nezingane ezineminyaka engaphansi kwe-18 ubudala.



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**Uma uphuze i-ENAP-CO engaphezulu kwaleyo okumele uyiphuze**

Uma kwenzekile waphuza umthamosilinganiso oweqile, bonisana nodokotela wakho noma usokhemisi. Uma uhluleka ukuthola omunye walaba, xhumana nesibhedlela esiseduze nawe noma isikhungo esilawula ubuthi/ushevu.

Kungenzeka uphathwe yimithelela engathandeki elandelayo uma uphuza umthamosilinganiso we-**ENAP-CO** oweqile: ukundwaza, phecelezi, *stupor* (isimo sokungazi nokuthi lidume kuphi ngenxa yokungasebenzi kahle kwengqondo nezinzwa zomzimba), inzululwane noma isiyenzi, ukushaya kwenhliziyo kancane kakhulu, ukushaya kwenhliziyo ngamandla noma ngendlela engahambelani kahle, itwetwe nexhala, ukukhwehlela kanye nephika.

**Uma kwenzeka ukhohlwa ukuphuza umthamosilinganiso we-ENAP-CO**

Uma kwenzekile wakhohlwa ukuphuza iphilisi le-**ENAP-CO**, liphuze ngokushesha emuva kokukhumbula ukuthi kumele uliphuze, ngosuku lolo okumele uliphuze ngalo. Uma ungaliphuzanga iphilisi ngosuku lolo, phuza umthamosilinganiso wakho ojwayelekile ngosuku olulandelayo. Ungalokothi uphuze imithamosilinganiso ephindwe kabili ngenhloso yokuvala isikhala semithamosilinganiso okhohliwe ukuyiphuza.

**5. IMITHELELA ENGATHANDEKI OKUNGENZEKA IBE KHONA**

I-**ENAP-CO** kungenzeka ibe nemithelela engathandeki emzimbeni.

Akuyona yonke imithelela engathandeki ebikiwe ye-**ENAP-CO** efakiwe kuleli pheshana lolwazi. Uma siba sibi isimo sakho sempilo jikelele, noma uma uzwa umthelela ongemnandi futhi ongathandeki emzimbeni ngenkathi usebenzisa i-**ENAP-CO**, bonisana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze uthole ukwelulekwa.

Uma kwenzeka noma yikuphi kulokhu okulandelayo, yeka ukusebenzisa i-**ENAP-CO** futhi utshele udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe:

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- ukuvuvukala kwezandla, izinyawo, amaqakala, ubuso, izindebe, umlomo noma umphimbo okungenza kube nzima ukugwinya noma ukuphefumula.
- ukuqubuka noma isikhumba esilumayo.

Konke lokhu kuyimithelela engathandeki ebucayi kakhulu futhi enobungozi. Uma unayo le mithethelela engathandeki, kusho ukuthi kunokwenzeka ukuthi umzimba wakho awuzwananga neze ne-**ENAP-CO** oyisebenzile. Kungenzeka udinge usizo lokwelashwa oluphuthumayo noma ukulaliswa esibhedlela.

Kumele wazi ukuthi iziguli ezimnyama zisengcupheni enkulu yokuphathwa yilama aleji ashiwo ngenhla.

Tshela udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe uma ubona okunye kwalokhu okulandelayo:

- izinguquko kwindlela esebenza ngayo inhliziyi yakho, futhi izimpawu zalokhu kungenzeka zibandakanye lezi ezilandelayo; izinhlungu esifubeni, ukushaya kwenhliziyi ngendlela engahambelani kahle noma ngokushesha, ukuhlaselwa yisifo senhliziyi noma isifo sohlangothi (kulezo ziguli ezisengcupheni enkulu)
- ukuhluleka kwesibindi ukusebenza kahle, okungadala ukuguquka kwesikhumba sibe nombala ophuzi (ijondisi)
- *iStevens-Johnson syndrome* kanye *netoxic epidermal necrolysis* (okuyizifo zesikhumba ezinamandla ezibonakala ngokuba bomvu kwesikhumba, ukwebuza kanye namabhamuza)
- izinkinga zezinso ezinjengezinhlungu engxenyeni yomhlane esezansi (esinqeni) kanye nokuncipha komthamo womchamo owuchamayo

Konke lokhu kuyimithelela engathandeki ebucayi futhi enobungozi. Kungenzeka kudingeke ukuba uthole usizo lokwelashwa oluphuthumayo.

Tshela udokotela wakho uma ubona okunye kwalokhu okulandelayo:

Imithelela engathandeki evamile ukubonakala:

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- isiyezi
- ukufiphala kwamehlo
- ukuzizwa unenzululwane, umfutho wegazi ophansi (okungakwenza uzizwe unesiyezi lapho usukuma uma ngezinyawo), ukuquleka
- ingcindezi yengqondo
- ukukhwehlela
- ukugula noma ukuzizwa sengathi uyagula, isifo sohudo, ukuguquka komuzwa wokunambitha, ukuhlanza
- amajaqamba
- ukungavuki kwenduku kowesilisa
- ukuzizwa ukhathale kakhulu noma ubuthakathaka

Imithelela engathandeki engavamile ukwenzeka:

- kungenzeka uzizwe ungaphilile emzimbeni ngenxa yezinguquko kulokho okuqukethwe egazini lakho; ngokuvamile udokotela wakho uzokwazi ukuhlonza lezi zinguquko ngokwenza ukuhlolwa kwegazi.
- igawuthi (uhlobo lwesifo se-*arthritis*, oluvamise ukuqala kubhozo)
- ukuncipha kwelukuluku lokulangazelela ucansi
- inkinga yokufikelwa wubuthongo nokulala, umuzwa onsonsothayo, phecelezi *amapins and needles*, ikhanda elibuhlungu, uvalo, ukozela, *ivertigo* (umuzwa ojikelezayo), ukudideka, amaphupho axakile futhi angajwayelekile, ukungahlaliseki (ukungabi nasinqe)
- ukukhala kwezihlonono ezindlebeni (*tinnitus*)
- ukugeleza kancane kwegazi eliya eminweni yakho nezinzwane okudala ububomvu nezinhlungu (okubizwa phecelezi nge *Raynaud's phenomenon*)
- iphika, ukuphefumula kanzima noma isifuba somoya, ukunqwabelana koketshezi noma ezinye izinto emaphashini (okubonakala kuma-eksireyi (*X-rays*)), amafinyila noma umphimbo obuhlungu kanye nokusha kwezwi

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- umlomo owomille, umsuzo, inkinga yokungagayeki kahle kokudla, izinhlungu esiswini sakho nendawo ezungezile, ukuqunjelwa, isisu esikhukhumele futhi esinezindawo ezibuhlungu lapho usithinta noma usicindezela, izinguquko kumuzwa wokunambitha, ukuvuvukala kolimi, ukuvaleka emathunjini, ubuhlungu, ukuvuvukala noma izilonda emlonyeni
- ukuqubuka, ukujuluka ngokweqile, ukuluma ngokweqile kwesikhumba sakho noma sibe bomvu ngokweqile, ukuphathwa ngama aleji anamandla ahambisana nemfiva, umqubuko esikhunjeni obukeka njengendingiliza eneziyingi ngaphakathi, umqubuko wesikhumba onamandla ohambisana nokuphucuka kwesikhumba nezinwele, amaqhutshana esikhunjeni anoketshezi ngaphakathi, ukuzwela kwesikhumba ekukhanyeni
- ubuhlungu emisipheni yomzimba noma emajoyintini omzimba
- ukufikelwa wukushisa okukhulu esikhunjeni nasebusweni.

Imithelela engathandeki okungaziwa ukuthi ivamise kangakanani ukwenzeka:

- umdlavuzwa wesikhumba kanye nodebe lomlomo (*non-melanoma skin cancer*), ohambisana nezimila zesikhumba ezingajwayelekile, amaqhubu noma izilonda ezindebeni zomlomo ezingapholi futhi ezibelesela isikhathi eside
- ukukhiqizeka ngokweqile kwe-*antidiuretic hormone*, okudala ukugcwala nokunqwabelana koketshezi emzimbeni, okuholela ekutheni umuntu abe buthakathaka, akhathale noma abe nokudideka.
- isifo sokuzizacisa.

Uma ubona noma yimiphi eminye imithelela engathandeki engabhaliwe kuleli pheshana lolwazi, tshela udokotela wakho noma usokhemisi.

**6. UKUGCINWA NOKUL AHLWA KWE-ENAP-CO**

Yonke imithi kumele uyigcine endaweni ezingafinyeleli kuyona izingane.

Amaphilisi wagicine endaweni eyomile ezingeni lokushisa elingama-25 °C noma ngaphansi kwalokho.

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Wavikele ekukhanyeni.

Izingqwenjana eziyizigcinimaphilisi kumele zigcinwe kwibhokisana lamaphilisi kuze kufike isikhathi lapho sekudingeka ukuba asetshenziswe.

Ungawasebenzisi emuva kosuku lokuphelelwa kwawo yisikhathi olubhalwe kwibhokisana lawo.

Yiphindisele emuva kusokhemisi wakho yonke imithi engasetshenziswanga.

Ungalokothi ulahle imithi engasetshenziswanga ezinhlelweni zamapayipi okuchitha amanzi noma okuthutha indle (isibonelo, ezindlini zangasese).

**7. UKWETHULWA KWE-ENAP-CO**

Itholakala kwizingqwenjana eziyizigcinamaphilisi eziqukethe amaphilisi angama-30.

**8. UKUHLONZWA KWE-ENAP-CO**

Iyiphilisi eliyindingiliza, eliyisicaba, elimhlophe, elinomugqa onqamula phakathi ohlangothini olulodwa, elinonqenqema olutshekile.

**9. INAMBA YOKUBHALISWA**

A34/7.1.3/0088

**10. IGAMA, IKHELI LENKAMPANI KANYE NENAMBA YOCINGO YOMNIKAZI WESITIFIKETI**

**SOKUBHALISWA**

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**11. USUKU LOKUSHICILELWA**

Usuku lokubhaliswa: 03 Nhlolanja 1999

Usuku lokugunyazwa kwakamuva: 20 Ndasas 2020

**NAMIBIA:** NAM NS2 04/7.1.3/1135

**BOTSWANA:** BOT S2 0701087