

## CLOPIDOGREL

*klop-id-oh-grel*

### He aha te mahi?

Whakamahia ai te *clopidogrel* kia kore ai e tepetepe ō toto. Ka whakaiti tēnei i te tūpono pā mai o tētahi ikura roro, manawa-hē rānei.

### I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru toto tōu.
- 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 kai?

Me kai te *clopidogrel* e ai ki ngā tohutohu me tētahi inu wai. Ka taea tēnei te kai i te taha o te kai, kāore 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 tāhapa ka kai i tō kai horopeta whai ake hei taua wā anō. Tērā rānei, me kai te horopeta i tāhapa ina maumahara koe. Kauga rawa e kai i ngā horopeta e rua i te wā kotahi.

### Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *clopidogrel*, pērā i ēnei:

- ngā pire ārai-whakakakā, pērā i te diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®), aspirin rānei (hei tauira, Disprin®), kei ngā horopeta whakamauru mamea). Ka kitea ēnei i roto i ētahi rongoā rewharewha me te whurū (hei tauira, Nurofen Cold me te Flu®)
- omeprazole (hei tauira, Losec®)

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 (hei tauira, St John's wort), ngā whakapōauau rānei.

### He aha ngā hua kino ka rongo pea koe?

| Ngā Hua Kino   | Tūtohutanga hei whai             |
|--|----------------------------------|
| Kua iti ake ngā pūtau toto ka āwhina kia tepetepe ō toto – ko ētahi tohumate: he māmā, he rerekē rānei te toto<br>Maremare, ruaki rānei i te toto, he rite te ruaki ki ngā korakora kawhe<br>Ka toto te ihu<br>He wheno, pango rānei te hamuti, he wheno, pōuri rānei te mimi<br>Anini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei<br>Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mango, pupuhi, uaua te hēhē | Me wawe te kōrero atu ki tō rata |
| He māmā, he rerekē rānei te marū   | Me kōrero atu ki tō rata         |

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

### Ētahi atu mōhiohio:

- He mea nui kia kōrero atu koe ki te hunga tuku whakamaimoatanga hauora, hauora niho rānei kei te kai *clopidogrel*.
- Ka tukituki pea te huakerepe, wai huakerepe rānei, arangi kawa/Seville rānei ki te *clopidogrel*. Me kōrero ki tō kaitaka rongoā.