

WARFARIN

war-far-in

He aha te mahi?

Whakamahia ai te *warfarin* kia kore ai e tepetepe o toto. He whakaiti i te tūpono pā mai o te ikura roro ki a koe me te aukati i ngā tetepe toto hou i o wae wae, o pūkahukahu rānei.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru manawa, ate, puku, toto rānei ōu.
- 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 i te *warfarin* e ai ki ngā tohutohu. Me kīnaki ki te inu wai i te wā ōrite i ia rā. Me āta whai i ngā tohutohu a tō mātanga hauora kia mātua whiwhi koe i te horopeta tika.

E rua ngā momo *warfarin* i Aotearoa (Marevan® me te Coumadin®). Tirohia ko tēhea te momo kei a koe, ā, me noho ki tērā. He rerekē ngā kaha me ruā i te rā kotahi. Tuhia ngā horopeta i tāhapa i a koe ki tō pukapuka kaiāraitepe, ā, ka kōrero atu ki tō rata. Mēnā kua rerekē te āhua o o pire, me pātai atu ki tō kaitaka rongōā.

Ngā pire Marevan®



Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Kainga te horopeta i tāhapa i a koe mēnā ka maumahara koe i taua rā anō. Kī te kore, me waiho ka haere tonu. Kua rawa e kai i ngā horopeta e ruā i te rā kotahi. Tuhia ngā horopeta i tāhapa i a koe ki tō pukapuka kaiāraitepe, ā, ka kōrero atu ki tō rata i tō kitenga whai ake i a ia.

Ka taea anō e koe ētahi atu rongōā te kai?

Ka tukituki pea ētahi rongōā ehara i te ōta rongōā ki te *warfarin*, pērā i ēnei:

- ngā pire ārai-whakakakā, pērā i te diclofenac (hei taura, Voltaren®), ibuprofen (hei taura, Nurofen®), aspirin rānei (hei taura, Disprin®, kei ngā horopeta whakamauru mamae). Ka kitea ēnei i roto i ētahi rongōā rewharewha me te whurū (hei taura, Nurofen Cold me te Flu®)
- aspirin horopeta-iti (hei taura, Cartia®) – ka whakamahia i ētahi wā i te taha o te *warfarin*, me kōrero ki tō rata.
- orlistat (Xenical®)
- fluconazole (hei taura, Diflucan®), miconazole rānei (hei taura, Daktarin Oral Gel®)
- omeprazole (hei taura, Losec®)

Me kōrero atu ki tō kaitaka rongōā, rata rānei mō ngā rongōā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huora (hei taura, vitamin K, vitamin E), ngā hua otaota (hei taura, St John's wort), ngā whakapōauau rānei.

He aha ngā hua kino ka rongoa pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Kua iti ake ngā pūtau toto ka āwhina kia tepetepe o toto – ko ētahi tohumate: he māmā, he rerekē rānei te marū, ka toto noa rānei Māremare, ruaki rānei i te toto, he rite te ruaki ki ngā korakora kawhe, ka toto te ihu He whero, pōuri rānei te mimi, he whero, pango rānei te hamuti Mamae te uma, he uaua te hēhē Ānini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei Kōpukupuku, poapoa te kiri (kikorangi, wairoporo rānei)	Me wawe te kōrero atu ki tō rata
Ka kōwhai te kiri, karu rānei	Me kōrero atu ki tō rata
Ka kore haere o makawe, hewa haere rānei Ka mamae te puku	Me kōrero atu ki tō rata mēnā kei te mamae

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

Ētahi atu mōhiohio:

- He mea nui kia kōrero atu koe ki te hunga tuku whakamaimoatanga hauora, hauora niho rānei kei te kai *warfarin*.
- Me kōrero atu koe ki tō rata mēnā ka māuiui koe, ka whakarekētia haere e koe o kai – me huri pea tō horopeta *warfarin*.
- Me whai aromatawai toto auau (INR) koe i a koe e kai *warfarin* ana kia mātua mōhio ai kei te whai koe i te horopeta tika.
- Ka piki i te waiapiro te tūponotanga o te kaha toto i a koe e kai ana i te *warfarin*. Me iti noa te kai waiapiro – me kōrero atu ki tō rata, kaitaka rongōā rānei.