

ALLOPURINOL

al-oh-pure-ih-nol

He aha te mahi?

Whakamahia ai te *allopurinol* hei ārai i te kauti me ngā kōhatu tākihi. Ka whakaitia te rahinga waikawa uriki e mahia e tō tinana.

Me pēhea te kai?

Me kai i te *allopurinol* e ai ki ngā tohutohu. Me kīnaki ki te kai me te wai.

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

Me wawe tonu te kai i te horopeta. Mēnā he tata ki te wā mō tō horopeta whai ake, me waiho noa te mea e kua tāhapa, ā, ka haere tonu anō. Kaua rawa e kai i ngā horopeta e rua i te wā kotahi.

Ka taea anō e koe ētahi atu rongoā te kai?

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, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Kōpukupuku, mangeo, kirikā	Me mutu te kai rongoā, ā, me wawe tō haere ki te kite i tō rata
Kei te uaua te mimi Mate kauti Ānini mähunga, pōātinitini, hiamoe	Me kōrero atu ki tō rata mēnā kei te mamae
Ka mamae te puku	Me kīnaki ki te kai

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

Ētahi atu mōhiohio:

- Me kōrero atu ki tō rata mēnā he raruraru tākihi, ate rānei tōu.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Ka pā mai pea ngā kōhatu tākihi i te *allopurinol* ki te kore e rawaka te inu wai. Me kōrero atu ki tō mātanga hauora.
- Ka pā mai pea te kauti i te *allopurinol* ina tīmata ana – me kōrero ki tō rata. Me kai haere tonu te *allopurinol* ina pā mai te mate kauti. Ki te whakamutu tonu te kai i ngā pire ko te tikanga ka hē kē atu tō kauti.