

TICAGRELOR

tye-ka-grel-or

He aha te mahi?

Ka whakamahia te *ticagrelor* kia kore ai e tepetepe ō toto. He whakaiti i te mōrea o te pā mai o te mate manawa ki a koe.

Me pēhea te kai?

Kainga te *ticagrelor* i ia ata me te ahiahi me tētahi karāhe 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 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?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *ticagrelor*, 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 mamae). Ka kitea ēnei i roto i ētahi rongoā rewharewha me te whurū (hei tauira, Nurofen Cold me te Flu®)

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
Te māmā/rerekē o te marū, toto rānei Maremare, 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, he whero, pango rānei te hamuti Mamae te uma, he uaua te hēhē Ānini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei	Me wawe te kōrero atu ki tō rata
Hēmanawa Ngenge, kōmā te kiri	Me kōrero atu ki tō rata
Ka mamae te puku	Me kōrero atu ki tō rata mēnā kei te mamae

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

Ētahi atu mōhiohio:

- Kōrero atu ki tō rata mēnā he mate pūkahukahu tōu, ate, toto rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- He mea nui te kōrero atu ki te hunga tuku whakamaimoa hauora, hauora niho rānei (hei tauira, rata, rata niho, kaitaka rongoā, rata waewae) kei te kai *ticagrelor*.
- Ka tukituki pea te huarepe, wai huarepe rānei, ārani kawa/Seville rānei me te *ticagrelor*. Me kōrero ki tō taka rongoā.

He mōhiohio hira kei roto i tēnei mātāre, engari ehara i te mōhiohio katoa, mō tēnei rongoā.

He whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Pipiri 2017