NAPROXEN

na-prox-en

He aha te mahi?

Ka whakaiti te *naproxen* i te mamae me te kakātanga.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru manawa, tākihi, ate, puku, kōpiro rānei tōu; toto pōrutu, mate huangō, mēnā rānei i pā mai he ikura roro, TIA (ikura roro iti) rānei i mua.
- Me kōrero atu ki tō rata mēnā i pā mai he raruraru ki a koe me te aspirin, ārai-whakakakā rānei.
- 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 kīnaki te *naproxen* ki te kai me te wai. Horopukuna ngā pire.

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

Ki te tāhapa he horopeta i ētahi wā ehara i te mea me kai ā muri ake.

Ka taea anō e koe ētahi atu rongoā te kai?

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

- ngā pire ārai-whakakakā, pērā i te 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 ngā pani, pia rānei (hei tauira, Voltaren Emulgel®)
- aspirin horopeta-iti (hei tauira, Cartia®)

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
Mamae puku, maremare, ruaki rānei i te toto, he hamuti pango Pupuhi ngā ngutu, arero, korokoro, kanohi rānei, he uaua te hēhē Mamae te uma Ko ngā tohumate o te mate ate ko te: kōwhai o te kiri, karu rānei, mangeo, pōuri o te mimi, kōmā o te hamuti, mamae puku Kua iti ake ngā pūtau toto ka āwhina kia tepetepe ō toto – ko ētahi tohumate: he māmā, he rerekē rānei te marū, ka toto noa rānei	Me wawe te kōrero atu ki tō rata
Ka pupuhi ngā waewae, hēmanawa Toto, rehurehu rānei te mimi Wawaro i ngā taringa	Me kōrero atu ki tō rata
Pōātinitini Tokopā, whakapairuaki, kōreke, mate tikotiko rānei Kōpukupuku	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:

- I nuinga o te wā he pai noa iho te kai i te paracetamol, codeine hoki/rānei i a koe e kai ana i te *naproxen*.