

DABIGATRAN

da-bi-ga-tran

He aha te mahi?

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

Me pēhea te kai?

Me kai i te *dabigatran* e ai ki ngā tohutohu.

Ka taea e te *dabigatran* tō pūkorokoro te tūkinu. Kia kore e pā mai tēnei, me kai me tētahi inu wai nui. Horopukuna te pire - kua e kōhari, ngaungau, huaki rānei. Me noho tū, tū tika rānei mō te 30 meneti i te iti rawa i muri i te kainga.

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

Ngā tētepe ikura roro, toto rānei:

Mēnā kei roto i te ono haora te horopeta whai ake, me waiho te horopeta whai ake ka haere tonu. Mēnā neke atu i te ono haora te horopeta whai ake, me wawe te kai te horopeta i tāhapatia i tō maharatanga. Kua rawa e kai i ngā horopeta e rua i te wā kotahi.

Whakakapinga pona, hope rānei:

Me waiho te horopeta i tāhapatia ka haere tonu i taua wā anō i te muri muri mai. Kua 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 *dabigatran*, 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®)
- 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 (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 whereo, pōuri rānei te mimi, he whereo, pango rānei te hamuti Mamae te uma, he uua te hēhē Ānini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei Uua te horomi, kaha te tokopā, pohongawhā rānei, mamae puku	Me wawe te kōrero atu ki tō rata
Ngenge, kōmā te kiri	Me kōrero atu ki tō rata
Ka mamae te puku, pohongawhā, tokopā	Me kōrero atu ki tō rata. Me whakamātau te 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 manawa, ate, puku, toto 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.
- He mea nui kia kōrero atu koe ki te hunga tuku whakamaimoatanga hauora, hauora niho rānei (hei tauira, rata, rata niho, taka rongoā, rata take waewae rānei) kei te kai *dabigatran*.

He mōhiohio hira kei roto i tēnei mātārere, engari ehara koinei ngā mōhiohio katoa, mō tēnei rongoā.

He mea whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Whiringa-ā-nuku 2018