

## IBUPROFEN

*eye-bew-pro-fen*

### He aha te mahi?

Ka whakaitia e te *ibuprofen* te mamae, whakakā me te kirikā.

### Me pēhea te kai?

Me kīnaki te *ibuprofen* ki te kai me te wai. Horopukuna ngā pire.

Āta inea te wē mā tētahi pūwero, pune ine rānei. Kia kaha te rurerure i te pātara i mua i te ine i ia horopeta.

### 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 kore ota rongoā ki te *ibuprofen*, tae atu ki:

- ngā pire ārai-whakakakā, pērā i te i te diclofenac (hei tauira, Voltaren Rapid®), aspirin (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<br>Pupuhi ngā ngutu, arero, korokoro, kanohi rānei, uaua te hēhē<br>Mamae uma<br>Ko ngā tohumate o te mate ate ko te: kōwhai o te kiri, karu rānei,<br>mangeo, kōuri o te mimi, kōmā te hamuti, mamae puku<br>Te māmā/rerekē o te marū, toto rānei | Me wawe te kōrero atu ki tō rata           |
| Pupuhi ngā waea, hē manawa<br>Toto, rehurehu rānei te mimi<br>Wawaro i ngā taringa  | Me kōrero atu ki tō rata                   |
| Āmāimai<br>Tokopā, whakapairuaki, kōreke, kohī rānei<br>Kirikā kiri   | 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:

- 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.
- 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 *ibuprofen*.