

PROBENECID

pro-ben-eh-sid

He aha te mahi?

Whakamahia ai te *probenecid* hei ārai i te kauti, ā, i ētahi atu wā mō ētahi atu mate.

Me pēhea te kai?

Me kai i te *probenecid* 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?

Mēnā kua tata ki te wā mō tō horopeta whai ake, me waiho te horopeta i tāhapa ka kai i tō kai horopeta whai ake hei taua wā anō. Tērā rānei, me kai te horopeta i tāhapa ina maumahara koe. Kauga 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 kore ota rongoā ki te *probenecid*, tae atu ki:

- ngā pire ārai-whakakakā, pērā i te 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, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mangeo, pupuhi, uaua te hēhē Uaua te mimi, mamae ka mimi ana	Me wawe te kōrero atu ki tō rata
Ānini māhunga, āmāimai, Mate kauti Uraura, kua kore e hiakai, Ngaro haere ngā makawe	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 manawa, ate, puku 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 *probenecid* ki te kore e rawaka te inu wai. Me kōrero ki tō mātanga hauora.
- Ka pā mai te mate kauti i te *probenecid* ina tīmata tō kai, nō reira ka tūtohua e tō rata he rongoā atu anō hei ārai i tēnei. Me kai haere tonu te *probenecid* ina pā mai te mate kauti. Ki te whakamutu tonu te kai i ngā pire ko te tikanga ka hē kē atu tō kauti.