

RIVAROXABAN

ri-va-rox-ah-ban

He aha te mahi?

Ka whakamahia te *rivaroxaban* hei ārai me te whakamaimoa i te tepetepe o 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 me ō pūkahukahu.

Me pēhea te kai?

Me kai i te *rivaroxaban* e ai ki ngā tohutohu. Me kīnaki ngā parehe ki te kai me te karāhe wai. Mēnā 10mg anake e kainga ana e koe i te rā, ka taea te kai me te kai, kāore rānei.

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

Mēnā kotahi anake te wā i te rā e kainga e koe te *rivaroxaban*:

Kainga te horopeta i tāhapa i a koe mēnā ka maumahara koe i taua rā anō. Ki te kore, me waiho ka haere tonu.

Kaua rawa e kai i ngā horopeta e rua i te wā kotahi.

Mēnā e rua ngā wā i te rā e kainga e koe te *rivaroxaban*:

Me wawe tonu te kai i te horopeta. Ka taea e koe ngā horopeta e rua te kai i te wā kotahi. Me haere tonu i te rā o muri mai.

Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā kore ota rongoā ki te *rivaroxaban*, 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®)
- fluconazole (e.g. Diflucan®)

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 Te maremare mai, ruaki rānei i te toto, he rite te ruaki ki ngā korakora kawhe Toto ihu He whero, tino parauri rānei te mimi, hamuti whero, pango rānei Ānini māhunga, āmāimai, rerekē te kite, te kōrero, tāporepore	Me wawe te kōrero atu ki tō rata
Mamae puku Ngenge, kiri kōmā	Me kōrero atu ki tō rata

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 tākihi, toto, 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.
- He mea nui te kōrero atu ki te hunga tuku whakamaimoa ā-hauora, ā-niho ki a koe (hei tauira, rata, rata niho, taka rongoā, rata take waewae rānei) kei te kai koe i te *rivaroxaban*.