Te Whatu Ora
Health New Zealand
Waitaha Canterbury

CLOPIDOGREL

klop-id-oh-grel

He aha te mahi?

Whakamahia ai te *clopidogrel* kia kore ai e tepetepe ō toto. Ka whakaiti tēnei i te tūpono pā mai o tētahi ikura roro, manawa-hē rānei.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru toto tōu.
- 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 kai te *clopidogrel* e ai ki ngā tohutohu me tētahi inu wai. Ka taea tēnei te kai i te taha o te kai, kāore rānei.

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. Kaua 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 *clopidogrel*, 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®)
- omeprazole (hei tauira, Losec®)

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
Kua iti ake ngā pūtau toto ka āwhina kia tepetepe ō toto – ko ētahi tohumate: he māmā, he rerekē rānei te toto Maremare, ruaki rānei i te toto, he rite te ruaki ki ngā korakora kawhe Ka toto te ihu He whero, pango rānei te hamuti, he whero, pōuri rānei te mimi Ānini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mangeo, pupuhi, uaua te hēhē	Me wawe te kōrero atu ki tō rata
He māmā, he rerekē rānei te marū	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:

- He mea nui kia kōrero atu koe ki te hunga tuku whakamaimoatanga hauora, hauora niho rānei kei te kai *clopidogrel*.
- Ka tukituki pea te huakerepe, wai huakerepe rānei, ārangi kawa/Seville rānei ki te *clopidogrel*. Me kōrero ki tō kaitaka rongoā.