

## RIVAROXABAN

*ri-va-rox-ah-ban*

### He aha te mahi?

Whakamahia ai te *rivaroxaban* hei whakamaimoa me te ārai 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 pūkahukahu rānei.

### I mua i to tīmata

- 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.

### Me pēhea te kai?

Me kai i te *rivaroxaban* e ai ki ngā tohutohu. Me kīnaki ngā pire 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 ehara i te ōta rongoā ki te *rivaroxaban*, 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 mameae). 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®) – ka whakamahia i ētahi wā i te taha o te *rivaroxaban*, me kōrero ki tō rata.
- fluconazole (hei tauira, Diflucan®)

Me kōrero atu ki tō kaitaka rongoā, rata rānei mō ngā rongoā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huora, ngā hua otaota (hei tauira, St John's wort), ngā whakapōuau 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 maru, ka toto noa rānei Maremare, ruaki rānei i te toto, he rite te ruaki ki ngā korakora kawhe Ka toto te ihu He whero, pōuri rānei te mimi, he whero, pango rānei te hamuti Anini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei, tāporepore	Me wawe te kōrero atu ki tō rata
Mamae puku Ngenge, kōmā te ki ri	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 (hei tauira, rata, rata niho, kaitaka rongoā, rata take waewae rānei) kei te kai *rivaroxaban*.