

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.

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 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 (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 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 marū, 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 Ānini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei, tāporepore	Me wawe te kōrero atu ki tō rata
Mamae puku Ngenge, kōmā te kiri	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 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*.

He mōhiohio hira kei roto i tēnei mātāre, engari ehara koinei ngā mōhiohio katoa, mō tēnei rongoā.

He mea whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Whiringa-ā-nuku 2020