

## WARFARIN

war-far-in

### He aha te mahi?

Whakamahia ai te *warfarin* kia kore ai e tepetepe o toto. He whakaiti i te tūpono pā mai o te ikura roro ki a koe me te aukati i ngā tetepe toto hou i o waewae, o pūkahu rānei.

### I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru manawa, ate, puku, toto rānei ōu.
- 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 *warfarin* e ai ki ngā tohutohu. Me kīnaki ki te inu wai i te wā ōrite i ia rā. Me āta whai i ngā tohutohu a tō mātanga hauora kia mātua whiwhi koe i te horopeta tika.

E rua ngā momo *warfarin* i Aotearoa (Marevan® me te Coumadin®). Tirohia ko tēhea te momo kei a koe, ā, me noho ki tērā.

He rerekē ngā kaha me ngā tae o te *warfarin*. Kai ai te nuinga o ngā tāngata i te momo Marevan® kei roto i te pikitia i raro. Mēnā kua rerekē te āhua o o pire, me pātai atu ki tō kaitaka rongoā.

#### Ngā pire Marevan®



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

Kainga te horopeta i tāhapa i a koe mēnā ka maumahara koe i taua rā anō. Ki te kore, me waiho ka haere tonu. Kua rawa e kai i ngā horopeta e rua i te rā kotahi. Tuhia ngā horopeta i tāhapa i a koe ki tō pukapuka kaiāraitepe, ā, ka kōrero atu ki tō rata i tō kitenga whai ake i a ia.

### Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā ehara i te ota rongoā ki te *warfarin*, 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-itī (hei tauira, Cartia®) – ka whakamahia i ētahi wā i te taha o te *warfarin*, me kōrero ki tō rata.
- orlistat (Xenical®)
- fluconazole (hei tauira, Diflucan®), miconazole rānei (hei tauira, Doktorin Oral Gel®)
- 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 (hei tauira, vitamin K, vitamin E), 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                       |
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| Kua iti ake ngā pūtau toto ka āwhina kia tepetepe o toto – ko ētahi tohumate: he māmā, he rerekē rānei te marū, ka toto noa rānei<br>Māremare, ruaki rānei i te toto, he rite te ruaki ki ngā korakora kawhe, ka toto te ihu<br>He whero, pōuri rānei te mimi, he whero, pango rānei te hamuti<br>Mamae te uma, he uaua te hēhē<br>Anini māhunga, pōānitini, ka rerekē te kite, te kōrero rānei<br>Kōpukupuku, poapoa te kiri (kikorangi, waiporoporo rānei) | Me wawe te kōrero atu ki tō rata           |
| Ka kōwhai te kiri, karu rānei  | Me kōrero atu ki tō rata                   |
| Ka kore haere o makawe, hewa haere rānei<br>Ka mamae te puku   | Me kōrero atu ki tō rata mēnā kei te mamae |

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 *warfarin*.
- Me kōrero atu koe ki tō rata mēnā ka māuiui koe, ka whakarerekētia rānei e koe o kai – me huri pea tō horopeta *warfarin*.
- Me whai aromatawai toto auau (INR) koe i a koe e kai *warfarin* ana kia mātua mōhio ai kei te whai koe i te horopeta tika.
- Ka piki i te waipiro te tūponotanga o te kaha toto i a koe e kai ana i te *warfarin*. Me iti noa te kai waipiro – me kōrero atu ki tō rata, kaitaka rongoā rānei.