Te Whatu Ora
Health New Zealand
Waitaha Canterbury

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, ā, ka aukati hoki i te hanga tepetepe ki ō waewae, pūkahukahu rānei.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru toto, tākihi rānei.
- 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 tētahi inu wai.
Mēnā e kai ana koe i ngā pire 15 mg, 20 mg rānei, me kīnaki ki te kai.
Mēnā he 10 mg, he iti iho rānei tō inenga ia rā, ka taea te tango ahakoa kāore he kai, he kai 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®) – ka whakamahia i ētahi wā i te taha o te *rivaroxaban*, me kōrero ki tō rata.

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 toto e kore e taea te aukati, ngā karu tūpāpaku e nui haere ana, te maremare toto, te ruaki toto, he rite te ruaki ki ngā korakora kawhe, he whero, pōuri rānei te mimi, he whero, mangu rānei te tuutae, he ānini māhunga tino taumaha (tērā pea he tohu kei te toto haere tō tinana)	Me wawe te 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*.
- Ka ngāwari ake tō toto haere, tō whēwhē rānei i a koe e kai ana i te *rivaroxaban*. Me tūpato, me karo rānei i ngā mahi ka puta ai te toto haere pēnei i te tā kirituhi, te whakarākei kiri, me ngā hākinakina pakihiwi.
- Mēnā ka hinga kino koe, ka wharanga rānei tō māhunga, me kōrero wawe atu, me tiro hoki ki tō rata ināianei tonu.