

ALLOPURINOL

al-oh-pure-ih-nol

He aha te mahi?

Whakamahia ai te *allopurinol* hei ārai i te kauti me ngā kōhatu tākīhi. He whakaiti i te rahinga wai-kawa urīki e mahia ana e tō tinana.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru tākīhi, ate 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 *allopurinol* e ai ki ngā tohutohu. Me kīnaki ki te kai me te wai.

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?

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, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Kōpukupuku, mangleo, kirikā	Me mutu te kai rongoā, ā, me wawe tō haere ki te kite i tō rata
Kei te uaua te mimi Mate kauti Anini māhunga, pōātinitini, hiamoe	Me kōrero atu ki tō rata mēnā kei te mamae
Ka mamae te puku	Me kīnaki ki te kai

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Ka pā mai pea ngā kōhatu tākīhi i te *allopurinol* ki te kore e rawaka te inu wai. Me kōrero atu ki tō mātanga hauora.
- Ka pā mai te mate kauti i te *allopurinol* ina tīmata tō kai, nō reira ka tūtohua e tō rata he rongoā atu anō hei ārai i tēnei. Me kai haere tonu te *allopurinol* ina pā mai te mate kauti. Ki te whakamutu tonu te kai i ngā pire ko te tikanga ka hē kē atu tō kauti.