

## 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 tētepe 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 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.
- 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<br>Ka toto te ihu<br>He whero, pōuri rānei te mimi, he whero, pango rānei te hamuti<br>Anini māhunga, pōānitini, ka rerekē te kite, te kōrero rānei, tāporepore | Me wawe te kōrero atu ki tō rata |
| Mamae puku<br>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*.