

DABIGATRAN

da-bi-gat-ran

He aha te mahi?

Whakamahia ai te *dabigatran* 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 kahu 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 *dabigatran* e ai ki ngā tohutohu.

Ka taea e te *dabigatran* tō pūkorokoro te tūkino. Kia kore e pā mai tēnei, me kai me tētahi inu wai nui.

Horopukuna te pire - kaua e kopenu, ngaungau, huaki rānei. Me noho tū, tū tika rānei mō te 30 meneti i te iti rawa i muri i te kainga.

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

Mēnā e rua ngā wā i te rā e kainga e koe te *dabigatran*:

Mēnā kei roto i te ono haora te horopeta whai ake, me waiho te horopeta whai ake ka haere tonu. Mēnā neke atu i te ono haora te horopeta whai ake, me wawe te kai te horopeta i tāhapatia i tō maharatanga. Kaua rawa e kai i ngā horopeta e rua i te wā kotahi.

Mēnā kotahi anake te wā i te rā e kainga e koe te *dabigatran*:

Me waiho te horopeta i tāhapatia ka haere tonu i taua wā anō i te muri muri mai. Kaua rawa e kai i ngā horopeta e rua i te wā kotahi.

Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā ehara i te ota rongoā ki te *dabigatran*, 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 *dabigatran*, 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
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 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 Mamae te uma, he uaua te hēhē Ānini māhunga, pōatinini, ka rerekē te kite, te kōrero rānei Uaua te horomi, kaha te tokopā, pohongawhā rānei, mamae puku	Me wawe te kōrero atu ki tō rata
Ngeenge, kōmā te kiri	Me kōrero atu ki tō rata
Ka mamae te puku, pohongawhā, tokopā	Me kōrero atu ki tō rata. Me whakamātau te kinaki ki te kai.

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 *dabigatran*.