

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 kahu 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. Kaua 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 ōta 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 whakamauro 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 *warfarin*, me kōrero ki tō rata.
- orlistat (Xenical®)
- fluconazole (hei tauira, Diflucan®), miconazole rānei (hei tauira, Daktarin 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	Tūtuhutanga 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 Māremare, 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 Anini māhunga, pōānitini, ka rerekē te kite, te kōrero rānei 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 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.