

## PROBENECID

*pro-ben-eh-sid*

### He aha te mahi?

Whakamahia ai te *probenecid* hei ārai i te kauti, ā, i ētahi atu wā mō ētahi atu mate.

### I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru tākihi, 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 *probenecid* 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?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *probenecid*, 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®)

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                       |
|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mangeo, pupuhi, uaua te hēhē<br>Kei te uaua te mimi, mamae ka mimi ana | Me wawe te kōrero atu ki tō rata           |
| Ānini māhunga, pōātinitini<br>Mate kauti<br>Uraura, kua kore e hiakai<br>Ka kore haere ō makawē, hewa haere rānei                | 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 tākihi i te *probenecid* ki te kore e rawaka te inu wai. Me kōrero atu ki tō mātanga hauora.
- Ka pā mai te mate kauti i te *probenecid* ina tīmata tō kai, nō reira ka tūtohua e tō rata he rongoā atu anō hei ārai i tēnei. Me kai haere tonu te *probenecid* ina pā mai te mate kauti. Ki te whakamutu tonu te kai i ngā pire ko te tikanga ka hē kē atu tō kauti.