

CLOPIDOGREL

klop-id-oh-grel

He aha te mahi?

Whakamahia ai te *clopidogrel* horopeta iti kia kore ai e tepetepe ō toto. He whakaiti i te tūpono pā mai o tētahi ikura roro, manawa-hē rānei ki a koe.

Me pēhea te kai?

Me kai te *clopidogrel* e ai ki ngā tohutohu me tētahi inu wai.

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

Me wawe tonu te kai i te horopeta. Mēnā he tata ki te wā mō tō horopeta whai ake, me waiho noa te mea kua tāhapa, ā, ka haere tonu anō. 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 *clopidogrel*, 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®)
- 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, ngā hua otaota (hei tauira, ginkgo, St John's wort), ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

| Ngā Hua Kino | Tūtohutanga hei whai |
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| Te māmā/rerekē o te marū, toto rānei Ka toto te ihu He whero, pango rānei te hamuti He whero, pōuri rānei te mimi Ānini māhunga, pōātinitini, ka rerekē te kite, te kōrero rānei | Me wawe te kōrero atu ki tō rata |
| Ngenge, kōmā te kiri Hēmanawa Mamae te uma | Me kōrero atu ki tō rata |
| 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:

- Me kōrero atu ki tō rata mēnā he raruraru ate, 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.
- He mea nui kia kōrero atu koe ki te hunga tuku whakamaimoatanga hauora, hauora niho rānei kei te kai *clopidogrel*.