Te Whatu Ora
Health New Zealand
Waitaha Canterbury

ATORVASTATIN

a-tor-va-stat-in

He aha te mahi?

Whakamahia ai te *atorvastatin* hei whakaheke i te ngakototo. Ka whakaiti tēnei i te tūpono pā mai o te ikura roro, te mate manawa, me ētahi atu raruraru hāngai.

I mua i to tīmata

- 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 te *atorvastatin* e ai ki ngā tohutohu me tētahi inu wai. Ka taea tēnei te kai i te taha o te kai, kāore rānei.

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?

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
Ko ngā tohumate o ngā raruraru uaua nui pērā i te: ngoikore haere tonu o ngā uaua, he mamae rānei, pōuri te mimi	Me wawe te kōrero atu ki tō rata
Ngoikore ngā uaua, he mamae rānei	I ngā wā tino rerekē, he taumaha tēnei – me kōrero ki tō rata

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Ka tukituki pea te huakerepe, wai huakerepe rānei, ārangi kawa/Seville rānei ki te *atorvastatin*. Me kōrero ki tō kaitaka rongoā.