Te Whatu Ora
Health New Zealand
Waitaha Canterbury

WARFARIN

war-far-in

He aha te mahi?

Whakamahia ai te *warfarin* hei whakamaimoa me te ārai kia kore ai e tepetepe ō toto. He whakaiti i te tūpono pā mai o te ikura roro, ā, ka aukati hoki i te hanga tepetepe ki ō waewae, pūkahukahu rānei. Ka whakamahia hoki hei āwhina ki te aukati i te tepetepe o te toto i te hunga kua whakakapia tō rātou takirere manawa ki tētahi takirere manawa waihanga.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru toto 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 te *warfarin* e ai ki ngā tohutohu me tētahi inu wai. Me kīnaki i te wā ōrite i ia rā.

Me whakawhirinaki tō horopeta ki ngā hua o tētahi whakamātautau toto e kīia nei he INR. Ka ine tēnei i te roa e totō ai tō toto. Mā tō mātanga hauora e kī atu he aha tō INR me te horopeta me tango e koe. He mea nui kia tuhi koe i ō hua INR me tō horopeta i ia wā.

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 ō pire, me pātai atu ki tō kaitaka rongoā.



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, ā, ka kōrero atu ki tō mātanga hauora 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 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 *warfarin*, me kōrero ki tō rata.

Ka taea e te *warfarin* te tukituki ki ngā rongoā maha, ka kino pea i ētahi wā. Me kī atu ki tō kaitaka rongoā, rata rānei mēnā kei te kai koe i te *warfarin* i mua i te tīmata ki te kai i ētahi atu rongoā, maimoatanga rānei, pēnei i ngā rongoā hokomaha, huaora, rongoā amiami, tarukino rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Te toto e kore e taea te aukati, ngā karu tūpāpaku e nui haere ana, te maremare toto, te ruaki toto, he rite te ruaki ki ngā korakora kawhe, he whero, pōuri rānei te mimi, he whero, mangu rānei te tuutae, he ānini māhunga tino taumaha (tērā pea he tohu kei te toto haere tō tinana) Kōpukupuku, poapoa te kiri (kikorangi, waiporoporo rānei)	Me wawe te kōrero atu ki tō rata
Ka kore haere ō makawe, hewa haere rānei	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 (hei tauira, rata, rata niho, kaitaka rongoā, rata take waewae rānei) kei te kai *warfarin*.
- Ka ngāwari ake tō toto haere, tō whēwhē rānei i a koe e kai ana i te *warfarin*. Me tūpato, me karo rānei i ngā mahi ka puta ai te toto haere pēnei i te tā kirituhi, te whakarākei kiri, me ngā hākinakina pakihiwi.
- Mēnā ka hinga kino koe, ka wharanga rānei tō māhunga, me kōrero wawe atu, me tiro hoki ki tō rata ināianei tonu.
- Mēnā ka whakarerekētia ō kai, tērā pea ka rerekē tō INR. Me kōrero ki tētahi mātanga hauora.
- Ka piki i te waipiro te tūponotanga o te toto. Ka āhei tonu koe ki te inu i ētahi wā, engari me karo i te inu waipiro maha i te wā poto.