Te Whatu Ora
Health New Zealand
Waitaha Canterbury

ASPIRIN (low-dose)

ass-prin

He aha te mahi?

Whakamahia ai te *aspirin* kia kore ai e tepetepe ō toto. Ka whakaiti tēnei i te tūpono pā mai o tētahi ikura roro, manawa-hē rānei. Whakamahia ai i ētahi wā mō ētahi atu mate.

Mō ngā mōhiohio mō te *aspirin* mō te whakamauru mamae tirohia te *Aspirin* (mō te mamae).

I mua i to tīmata

- Me kōrero atu ki tō mātanga hauora mēnā he puku, toto rānei ōu, mēnā rānei he tangata huangō koe.
- Me kōrero atu ki tō mātanga hauora 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 *aspirin* e ai ki ngā tohutohu. Ka taea tēnei te kai i te taha o te kai, kāore rānei.
Pire kiri enteric (EC): Horomia te katoa me tētahi karāhe wai. Kaua rawa e kopenu, e ngangau rānei.
Pire meha: Whakamemehatia ki rō karāhe wai i mua i te horomi.

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 *aspirin*, 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®)

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 Kua iti ake ngā pūtau toto ka āwhina kia tepetepe ō toto – ko ētahi tohumate: he māmā, he rerekē rānei te toto	Me wawe te kōrero atu ki tō rata
He māmā, he rerekē rānei te marū	Me kōrero atu ki tō rata
Ka mamae te puku	Me kōrero atu ki tō mātanga hauora mēnā he raruraru

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 *aspirin*.
- Kaua rawa e tuku *aspirin* ki te tamariki engari ia mēnā i tūtohua e tētahi rata.