

WARFARIN

war-far-in

He aha te mahi?

Whakamahia ai te warfarin kia kore ai e tepe tepe ō toto. He whakaiti i te tūpono pā mai o te ikura roro ki a koe me te aukati i ngā tetepe toto hou i ū waewae, ū pūkahukahu rānei.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruraru manawa, ate, puku, toto rānei ū.
- 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 warfarin e ai ki ngā tohutohu. Me kīnaki ki te inu wai i te wā ūrite i ia rā. Me āta whai i ngā tohutohu a tō mātanga hauora kia mātua whiwhi koe i te horopeta tika.

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 nūringa o ngā tāngata i te momo Marevan® kei roto i te pikitia i raro. Mēnā kua rerekē te āhua o ū pire, me pātai atu ki tō kaitaka rongoā.

Ngā pire Marevan®



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. Tūhia ngā horopeta i tāhapa i a koe kī tō pukapuka kaiāraitepe, ā, ka kōrero atu ki tō rata i tō kitenga whai ake i a ia.

Ka taea anō e koe ētahi atu rongoā te kai?

Ka tutukiti pea ētahi rongoā ehara i te ūta rongoā ki te warfarin, pērā i ēnei:

- ngā pire ārai-whakakākā, 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 whrū (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.
- orlistat (Xenical®)
- fluconazole (hei tauira, Diflucan®), miconazole rānei (hei tauira, Daktarin Oral Gel®)
- 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 (hei tauira, vitamin K, vitamin E), 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
Kua iti ake ngā pūtau toto ka āwhina kia tepe tepe ū toto – ko ētahi tohumate: he māmā, he rerekē rānei te marū, ka toto noa rānei Māremare, ruaki rānei i te toto, he rite te ruaki ki ngā korakora kawhe, ka toto te ihu He whero, pōuri rānei te mimi, he whero, pango rānei te hamuti Māmae te ume, he uaia te hēhē Anini māhunga, pōātīnīti, ka rerekē te kite, te kōrero rānei Kōpukupuku, poapoa te kiri (kikorangi, waiporoporo rānei)	Me wāwe te kōrero atu ki tō rata
Ka kōwhai te kiri, karu rānei	Me kōrero atu ki tō rata
Ka kore haere ū makawe, hewa haere rānei Ka māmae te puku	Me kōrero atu ki tō rata mēnā kei te māmae

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 warfarin.
- Me kōrero atu koe ki tō rata mēnā ka māuiui koe, ka whakarerēkētia rānei e koe ū kai – me huri pea tō horopeta warfarin.
- Me whai aromatawai toto auau (INR) koe i a koe e kai warfarin ana kia mātua mōhio ai kei te whai koe i te horopeta tika.
- Ka pikī i te waipiro te tūponotanga o te kaha toto i a koe e kai ana i te warfarin. Me iti noa te kai waipiro – me kōrero atu ki tō rata, kaitaka rongoā rānei.