

HE ARATOHU WHAKAHAERE WARFARIN MŌ TE MATE MANAWA RŪMĀTIKI



HE AHA E MATEA NEI E KOE TE WARFARIN?

Kotahi (e rua rānei) takirere kua whakaurua ki tō manawa hei whākapi i ērā i mate i te rūmātiki. Mā tō takirere pūrere hou ka tika te manawa. Kātahi te rongo pai. Heoi, he tūponotanga ka tepe ngā toto i te (ngā) takirere hou.

Ka taea e ngā tepetoto te paheke mā ō ia-toto i tō manawa ki ētahi atu wāhanga o tō tinana. Ki te pēnei, ka katia te rere o ngā toto ki ngā wāhanga hirahira pēnei i ngā roro, i te manawa rānei. He mea kawe te hāora e ngā toto ki ēnei whēkau.

Ki te haukotia te rere o ngā toto e te tepetoto, he tūponotanga ka mate ngā pūtau o ngā whēkau, me te aha, ka pāngia e te mate roro ikura, e te manawa-hē rānei. Nā konā koe ka tino māuiui rawa atu kia hauā, ka mate rānei.

He rongoā te warfarin ka tūtohua māu e te rata, e te mātanga taka rongoā rānei hei aukati i te waihangatanga o te tepetoto i roto i tō tinana.

I Aotearoa nei, e rua ngā waitohunga pire rerekē o te warfarin. Ehara i te mea e tino rite ana ngā waitohutanga, nā reira he mea nui kia ū ki te waitohu kotahi.

- » I Aotearoa nei, ko Marevan® te waitohutanga warfarin ka whakamahia whānuitia.
- » Ko Coumadin® te waitohu tuarua, ā, kāore e whakaaetia ana kia kaingia me te Marevan i te wā kotahi.

Ka mutu, he nui ngā pire he rerekē te uekaha. He mea nui kia kai noatia ērā kua tūtohua māu.

Marevan



Coumadin



Me Pēhea te Kai i te Warfarin

Hei āwhina te warfarin ki te aukati i te waihangatanga o te tepetoto i roto i tō tinana. Mā tō rata/mātanga taka rongoā, mā tētahi tūngaio hauora rānei koe e whakamōhio ki te nui o te warfarin me kai e koe. He mea nui kia whāia ēnei tohutohu.

Te Potanga o te Rā:

- » Kaingia tō pota warfarin i ia rā i te wā kotahi me e taea ana, ā, ki te kai kētia e rua hāora i mua, i muri rānei, kava e āwangawanga.
- » Ko te mea nui me kai i ia rā kei mahue tētahi pota. I te nuinga o te wā ko te tohutohu kia kaingia te warfarin i te ahiahi pō i te mea, ka whakahaeretia ngā whakamātau INR i ngā ata. Kōrero ki tō rata, ki tō mātanga taka rongoā rānei mō te ara pai katoa māu.

Ngā Whakamaharatanga:

Whakamahia he wātaka, he pūnaha whakamahara rānei i tō waea hei waitohu i ngā pota o te rā kua oti i a koe

He Pota i Mahue:

- » Ki te wareware i a koe te kai i tō pota i te wā tika, kai tonutia i taua rā tonu. Ki te maumahara koe i te rā i muri mai, kai noatia tō pota, ā, whakamōhio tō rata/tūngaio hauora.
- » **KAUA E KAI REARUATIA** hei “whakakapi” i te pota i mahue i a koe, māna, he mea whakahau koe e tō rata/tūngaio hauora kia pērā.
- » **Ki te mahue i a koe e rua pota, neke atu rānei, me horo tō whakamōhio i tō rata/nēhi/tūngaio hauora rānei.**

Rata/nēhi/mātanga rata
nama waea

Te Aroturuki me Ngā Whakamātau Toto

Me whai rautaki horopū tō rata/tūngaio hauora ki te aroturuki i ō toto, e pai ai tana tūtohu i te potanga warfarin e haumarua ana mōu. Mā te whakamātau toto tēnei e tutuki ai. He maha ngā ara hei aroturuki i tō INR. He mea nui kia mārama koe ki te ara tika māu. Mēnā e rangirua ana koe, via tō tūngaio hauora ki te whakamārama i tēnei ki a koe.

Kāinga

He pai kē ki ētahi ki te tiroiro i ō rātou ake toto mā tētahi pūrere kawekawe. Me utu koe i ngā kārawarawatanga whakamātau INR, heoi tērā pea ka māmā ake te whakamātau wero-mati mēnā he uaua te whakamātau ki te taiwhanga pūtaiao.

Whare Rongoa

Ka whakaaetia pea te aroturukitia o tō INR i tētahi whare rongoā kia tūwhena rānō tō INR mā te whakamātau wero-mati. Mā tō rata/nēhi e whakaranea ngā kōrero.





- » **Te Whakamātau INR:** me auau te whakamātau i ō toto hei ine i tō INR (Ōwehenga Taunoa Tāwāhi), hei whakaatu i te roa e tepe ai ō toto. I tōna tikanga kua whakamōhio kētia koe ki te nama INR e tika ana mōu. Mēnā i kore, uia tō rata/tūngaio hauora nāna i whakarite tō Warfarin.
- » **Ka hia whakamātau:** I te tīmatanga, me whakamātau i ia rā kia tūwhena rā anō tō INR. He 1-2 wiki te roa i te nuinga o te wā. Ā muri ake, me whakamātau i ia rua wiki, i ia marama, i ngā wā i whakatauhia rānei e tō rata/tūngaio hauora.
- » **Ngā whakaritenga o tō pota Warfarin:** Mā tō rata/mātanga taka rongoā/nēhi e whakatau te pota e tika ana mōu e ai ki ngā kitenga o tō INR. E 2 ki te 4 rā te roa e kitea ai ngā panonitanga o tō pota Warfarin i tō INR.

Ngā Mate Āpiti me ngā mea hei whakatūpato māu

Ko ngā mate āpiti matua hei whakatūpato māu ko te pikinga o te rere o te toto me te marūtanga. Ka pērā i te mea kei te whakapōturi te Warfarin i te pūnaha tepe toto. Mēnā kei te taumata tika tō INR, he iti noa iho te tūraru o ngā mate āpiti.

- » **Te Toto:** mā te Warfarin ka kaha ake te rere o te toto me te marūtanga. Haere ki tō rata, ki tētahi ratonga ohotata rānei, ki te hinga koe ki raro, ki te tukia tō upoko, ki te puta rānei he tohumate pērā i te maremare toto, i te ruaki toto, kia kitea rānei he toto i tō mimi, i tō tūtae, ā, e kore e mutu te rere o te toto i muri i te pēhi mō te 10 mēneti. Mō te wahine, ki te kaha ake te rere o te toto i tō ikura i tērā i mua i tō kai Warfarin, kai tonutia te Warfarin, ā, kōrero ki tō rata mō ētahi rautaki hei whakamāmā i ngā ikura kaha rawa.
- » **Ētahi tohu tōmua me panoni tō pota Warfarin:** kia tūpato i ngā tohu tōmua o te rere o te toto, pērā i te marū ohore, i te toto o ngā takō, o te ihu rānei, ā, whakamōhiohia tō rata/tūngaio hauora.

Mēnā he **iti rawa tō INR** kāore pea e aukati tikatia ana ō tepe, nā reira ki te uaua te kimi hā, ki te mamae tō poho, ki te pupuhi ō waewae, ki te hua rānei he tohumate roro ikura (ka turu te mata, ka memeha te ringa, ka uaua te kōrero, ka rangirua, ka uaua te kite, te hīkoi rānei), haere tōtika atu ki tō Taiwhanga Ohotata. Kāore he tohu o te putanga o te roro ikura i te nuinga o te wā. E tika ana kia mārama te whānau ki ngā tohumate o te roro ikura e pai ai tā rātou kimi āwhina.

- » **Ngā Whara:** Parea ngā momo mahi he nui te tūponotanga ka whara, ā, haere ki tō rata mēnā he nui ngā tohumate toto pērā i te maremare toto, i te ruaki toto rānei, he toto e rere noa ana i tō ihu, he toto kei tō mimi, kei ō tūtāe rānei, ka ānini mārika te upoko, ka takaānini, ka memeha rānei.
- » **Ngā Werohanga IM o te Marama:** ko te nēhi e tuku ana i ō werohanga IM māna e tiro i ō kitenga INR i mua tonu i te tuku rongoā paturopi ki a koe. I te nuinga o te wā he haumaru tō werohanga ki te IM, heoi, he tūpono ka marū koe i muri iho.
- » **Ētahi mate āpiti:** me uaua ka hua ake te ruaki, te paipairuaki, te tikotiko, te hakihaki, te alopecia (te ngaronga makawe) rānei i te kai Warfarin. Ki te pērāhia koe, kōrero ki tō rata/ tūngaio hauora.



Te Whiringa Kai me te Kātū Noho



He mea nui kia auau ō whakamātau toto i te mea he nui ngā mea hei tīni i tō INR, pērā i ō whiringa kai, ngā momo rongoā, ngā huaora, ngā āpitianga, ngā mate rānei. Kia kaha ki te kai tautika kia tūwhena ai tō INR, ā, whakamōhiotia tō rata ki ēnā panonitanga (pērā i te hekenga taimaha, te kai tautika, te kai huaora, āpitianga rānei) ka pā ki tō INR.

» **Te Huaora K:** Mā te Huaora K e heke ai te kaha o te Warfarin. Arā ētahi kai he nui te Huaora K kei roto (hei tauira, te puananī, te kōkihi, te wātakirihi, te pītihiriwa, te pītiki, ngā rau huawhenua kākāriki, te aonanī, ngā hua kōrau, te pīni hoi, me te ate). He mea nui kia rite te nui o tō kai i ngā kai nei i ia rā kia tūwhena tonu ai tō INR. Arā ētahi atu kai hei whakapiki i te kaha o te Warfarin, pērā i te kārīki.

» **Te Waipiro: ka kaha tō inu waipiro, ka piki te tūponotanga ka rere mārīka ō toto,** ahakoa e tūwhena ana tō INR. Kia kava e koni atu i te 1-2 inu waipiro taunoa i ia rā. Ko tētahi inu waipiro taunoa, he pia e 300ml, he wāina e 100ml, he wai ewaro (he wīhiki, he tīni, he vodka rānei) e 30ml rānei tōna rite.

» **Ētahi atu inu, āpitianga rākau rānei me pare mēnā kei te kai Warfarin koe,** koinei ētahi tauira: ngā tī amiami (kawakawa, te tī kamomire), ngā inu (te kava, te wai noni, te wai karanihere), ngā āpitianga rākau (te ginko biloba, te kārīki, te ginseng, te St. John's Wort, te tinitia, te fenugreek, te papaia, te dong quai, te korowa whero, te feverfew, te echinacea purpurea, me ērā āpitianga, hautaonga rānei he Huaora K kei roto (ngā pire alfalfa, me ngā huamiraka Anlene®), me ngā āpitianga kai he nui te Huaora E me te waikawa ngako Ōmeka 3 kei roto, arā te Pūmua Whākōki Taunga Q10.

» **Ētahi atu rongoā:** Whakamōhiotia tō rata/mātanga taka rongoā/tūngaio hauora mō ngā rongoā, ngā āpitianga, ngā rongoā rākau rānei e kai nei koe, i te mea māna

ka panoni te kaha o te Warfarin. Whakamaharatia rātou e kai Warfarin ana koe, ki te mate rongoā hou. **Kia mahara mai, kāore e whakaaetia ana ngā rongoā patukakā pēnei i te Ibuprofen (Brufen), Nurofen me te Diclofenac (Voltaren) i a koe e kai Warfarin ana.**

Te Hāereere me Ngā Mahi o te Rā

I a koe e kai Warfarin ana, me āta tūpatou ki ngā momo mahi e marū ai koe, e rere ai ngā toto rānei pērā i te romiromi.



- » **Te Hāereere:** E pai ana te hāereere me te Warfarin, heoi me whakamōhio tō rata i ō nekehangā, mātua rā ngā haerenga roa, i te mea me whakamātau ō toto i mua i tō haere, i a koe kei tāwāhi rānei. Haria tō Warfarin ki roto i tō tueke. Mā tō rata e tuhi reta māu e mea ana kei te kawē rongoā koe i tō haerenga hei oranga mōu.
- » **Te Neke Pūmau:** Ki te neke koe ki wāhi kē noho pūmau ai, koni atu i te toru marama rānei, whakamōhiohia tō rata me tō mātanga manawa. Māna koe e tūtohu ki te rōpū hauora kei tō takiwā hou, māna hoki/rānei e tuhi reta hei kawē māu, ko ō kōrero hauora motuhake kei roto.
- » **Te Kori Tinana:** Parea ngā hākinakina tukituki (pērā i te whutupōro, i te mekemeke rānei), i ngā mahi he nui te tūponotanga ka taka, ngā ekenga rukururu kei ngā papa whakangahau rānei (pērā i te waka rōnaki). Ki te kore koe e mārāma – kōrero ki tō rata, ki tō nēhi rānei.
- » **Te Tāmoko:** He tūponotanga ka marū, ka rere ō toto i tō tāmokotanga me te aha, kāore e whakaaetia ana i te nuinga o te wā. Ki te tāia tō moko, kōrero ki tō rata ki te whakarite rautaki mō te kai Warfarin i waenga i ngā hui tāmoko.

NGĀ MEA NUI HEI MAHARATANGA MĀU



- » **Te Hapūtanga:** Mēnā koe e whakaaro ana ki te whānau pēpi, mā tō rata, tō nēhi rānei e whakarite hui māu ki tētahi mātanga rata, mātanga manawa rānei e mātau ana ki te tiaki wahine mate manawa e hapū ana. Ka taea tēnei hui i ngā wā katoa, ahakoa kāore anō koe kia rite ki te whānau pēpi i tēnei wā tonu.
- » Ki te karo he hapūtanga ohorere, whakamahia he ārai hapū kia rite rā anō ai koe mō te hapūtanga. Kōrero ki tō rata, nēhi rānei mō te ara pai katoa māu.
- » Me panoni ō rongoā i mua i tō hapūtanga. He kino te warfarin mō te whanaketanga o te pēpi i te wāhanga tuatahi o te hapūtanga. **Kāore e haumarua ana te warfarin i roto i te hapūtanga, heoi, tērā ētahi atu rongoā ka taea hei ārai i ngā tepetoto, hei whakamaru i a pēpi anō hoki.**
- » Ki te hapū koe nōu e kai warfarin ana, me whakamōhio rawa tō rata. Kaua e whakamutu noa iho i tō kai warfarin. Mā tō rata e kōrero ki tētahi mātanga hapūtanga me tō mātanga manawa mō ētahi rautaki whakawaimeha toto kē atu.
- » **Whakamōhiohia tō rata/ mātanga taka rongoā/ nēhi mō ngā panonitanga:** Whakamōhiohia tō tūngaia hauora mēnā i mahue he pota, i koni atu rānei ō pota Warfarin,





mēnā i panonitia tō whiringa kai, ngā mahi o te ia rā rānei. Ka mutu, whakamōhiohia tō rata/nēhi/mātanga taka rongoā mēnā kei te kai rongoā rākau, āpitianga huaora, rongoā patu mamae, rongoā kē atu rānei koe. He mea nui kia pono koe, i te mea ki te heke te taumata o tō INR i te nui o ngā pota i mahue i a koe, ā, kīhai tō tūngaio hauora i mōhio, ka whakapikitia e ia te pota, me te aha, ka piki tō INR, ka piki hoki te tūponotanga ka rere o toto.

» **Whakamōhiohia Tō Rata**

Niho: whakamōhiohia tō rata niho kei te kai Warfarin koe. Whakamahia he taitai niho ngohengohe mēnā ka toto noa iho o takō.

- » **Ngā Mahinga Hauora:** ki te mahia tō hauora, ahakoa iti nei, me whakamōhio rawa te kaimahi kei te kai Warfarin koe.

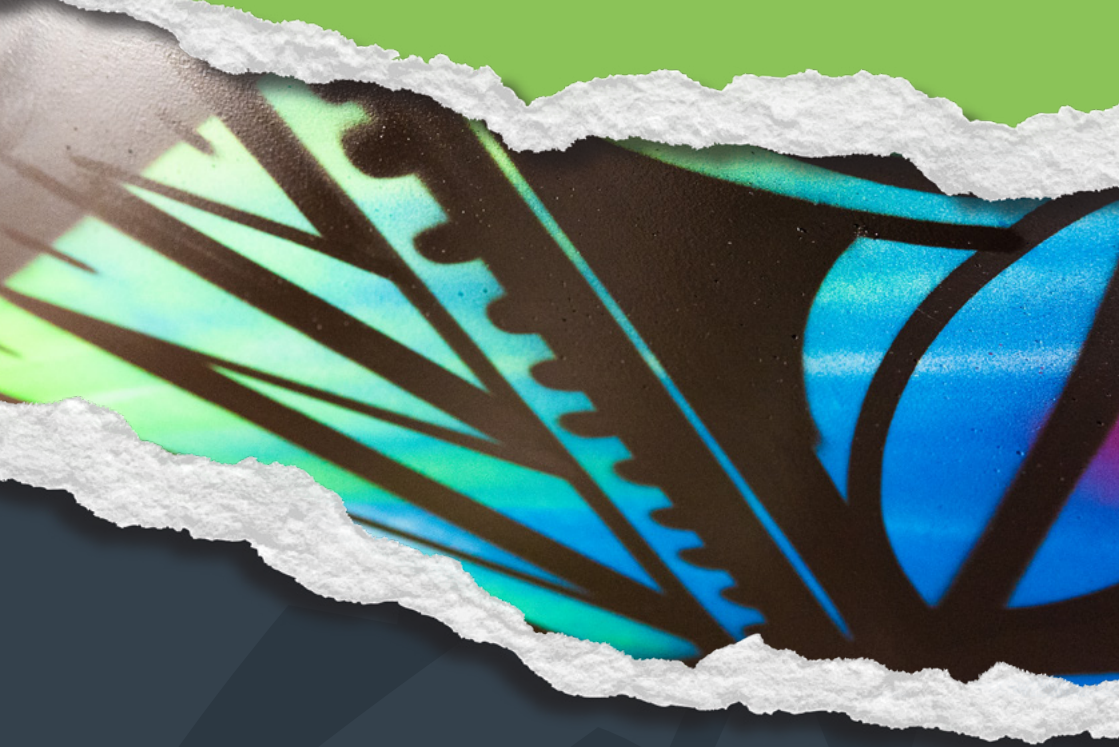
- » **Ngā Tūhotata:** Whakaarohia tētahi kōmore, hei ohotata rānei mō te tūpono e kore e taea te whakamōhio i tētahi kei te kai Warfarin koe nōu e tino māuiui ana (hei tauira: kua tukia tō motokā)

- » **Te Kai Inati:** Mehemea kua tini rawa tō kai Warfarin, kua tini rawa tā tētahi atu rānei kai Warfarin, waeahia te Pokapū Paitini ā-Motu hei āwhina. I Aotearoa nei, waeahia a 0800 POISON, a 0800 764 766 rānei.

Mā tō whai i ngā tohutohu nei me te hui auau atu ki tō kaiwhakarato hauora, ka māmā, ka pai hoki tō whakarite rautaki Warfarin me tō whakaitiiti i ngā tūraru.

- » **Te Pukapuka Warfarin:** Kia kaha tō whakahou i tō pukapuka Warfarin, ā, kawea atu ki ō hui hauora katoa.

**Rata/nēhi/mātanga rata
nama waea**



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Te Whatu Ora