



KIA ORA,
TĒNĀ KOUTOU KATOĀ,
NOA'IA, MAURI,
NI SA BULA VINAKA,
FAKAALOFA LAHI ATU,
TĀLOFA,
KIA ORANA,
MĀLŌ E LELEI,
MĀLŌ NĪ,
TALOFA LAVA,
HE MIHI KIA KOUTOU KATOĀ

**He rau mōhiohio tēnei mā koutou ko tō whānau/aiga/kāinga, ā,
e whāngai ana i ngā mōhiohio e pā ana ki te XARELTO® (Za-REL-toe),
ko kārangatia hoki ko te rivaroxaban (ri-va-rox-ah-ban).**

Kāore tēnei rau mōhiohio e whakakapi i te kōrero tahi ki tō tākuta, ki tō kaituku rongoā raini.
E kore e tae rā anō ki ngā mōhiohio katoa e wātea ana, engari he kōrero hirahira ōna mō te kai
i te rongoā Xarelto. Ina e hiahia ana koe ki ngā mōhiohio anō, he āwangawanga raini ōu mō te
kai i te Xarelto, me kōrero ki tō tākuta, ki tō kaituku rongoā raini, me pānui raini i ngā Mōhiohio
Consumer Medicine, e wātea mai ana ki www.medsafe.govt.nz.

He aha au e whāngaia ai ki te Xarelto?

- ◆ Ko tā te mahi a Xarelto he whakahakahaka i te āheinga a tō toto kia whakatepe (poketoto).
- ◆ He mea mōrearea ngā poketoto. Ina tae atu ki tētahi ia toto, ka tino pāngia ngā raru hauora ki a koe, pēnei i te rehu ohotata.
- ◆ He mea māori te whāngai i te Xarelto ki ngā tāngata he tūpono ake ōna ki ngā poketoto, pēnei i ngā wā i muri tata iho i te pōke whakakapi hope, turi raini, mēnā he āhuetanga tōu e karangatia ana ko te non-valvular atrial fibrillation.
- ◆ Ka whāngai hoki i te Xarelto kia rongoā i ngā poketoto ki ō waewae, ki ō pukapuka raini, ka ārai hoki i te hokinga mai anō.
- ◆ Ko whāngaia te Xarelto ki a koe e tō tākuta mō take kē atu pea. Uia tō tākuta me te pātai āu mō tō kai i te Xarelto.

Me pēhea au e kai i te Xarelto?

- ◆ Ka whakamōhiotia koe e tō tākuta mō te rahinga o te Xarelto me kai koe. Kia āta whai i ngā tohutohu a tō tākuta.
- ◆ **Me kai tahi ngā Xarelto 15 mg me te 20 mg ki te kai.**
- ◆ Kāpā me kai tahi ki te kai ina he rongoā Xarelto 10 mg anahe.
- ◆ Horomia **katoatia** ngā rongoā me te wai.
- ◆ Me he raruraru āu mō te horomi katoa i te rongoā, e oti i a koe te penupenu me te whakawhenuki ki te wai, ki te wai kiko āporo raini ā mua i tō kai.
- ◆ E tae rā anō ētahi o ngā rautaki whakamaumaharatanga mō te kai rongoā ki tāu kai tahi i te Xarelto ki ō kainga noa (ina koa, te parakuihi, te kai o te pō hoki/raini), te whakarite whakamaumaharatanga ki tō waea, te whakamōhio hoki i tō whānau/aiga/kāinga e tautokona ai koe e rātou hei tāu kai i te Xarelto – e oti i a rātou te whakamaumahara i a koe.

Ka aha ina mahue tētahi kainga i a au?

Ina kotahi tāu kainga Xarelto ia rā

- ◆ E kai i te rongoā hei te wā tonu e maumahara ai koe, hei te rā ōrite. Ina ko te rā e whai ake ana, waiho i te rongoā i mahue i a koe, kātahi me panuku māori mai.
- ◆ **Kaua** e kai i ngā rongoā e rua i te wā kotahi.

Ina e rua āu kainga Xarelto ia rā

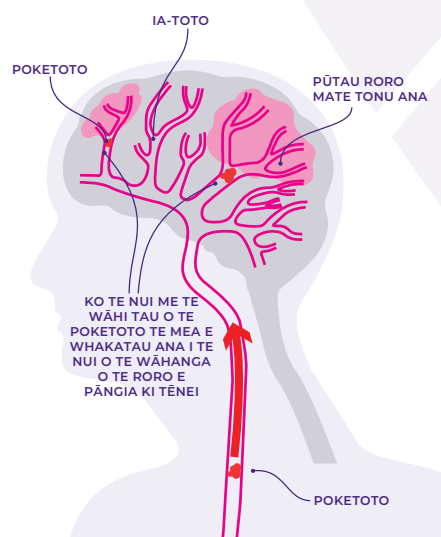
- ◆ E kai i te rongoā hei te wā tonu e maumahara ai koe. Ina wareware i a koe te kai i tō rongoā o te ata, ā, ko tae ki te wā o tō rongoā o te pō, e oti i a koe te kai i ngā rongoā e rua i te wā kotahi.
- ◆ Hei te rā e whai ake ana, me kai kia kotahi te rongoā hei te ata, me kai kia kotahi te rongoā hei te pō, pērā i tāu mahinga rite tonu.
- ◆ **Kaua** e kai kia neke atu i ngā rongoā e rua i te rā kotahi.

Ka aha ina ka nui rawa taku kai

(whāngai ake/overdose)

He mea mōrearea rawa te nui rawa o te kai i te Xarelto i tāna tūpono ake i te toto mai. Ina e whakapae ana koe ko nui rawa te kainga Xarelto e koe, e tētahi atu rani:

- ◆ Me tōtika te waea atu ki tō tākuta ki te Pokapū Paihana ā-Motu o Aotearoa ki **0800 POISON (0800 764 766)** e whai āwhina ai, me toro raini ki a Aituā me te Ohotata (A&E) ki te hōhipera paetata.
- ◆ Me mahi i tēnei ahako kāore pea e kitea ngā tohu manawarau, paihana raini.



Ka pēhea ngā poketoto e whakaroro ikura



Kainga tōu pire xarelto 15 mirokaramu, 20 mirokaramu rānei me te kai

He aha te āhua o te Xarelto?

Ko ngā rongoā Xarelto 10 mg he rongoā kuratea, porohita, ko meinga te tohu BAYER-cross ki tētahi taha, me te “10” me tētahi tapatoru ki tērā atu taha.



Ko ngā rongoā Xarelto 15 mg he rongoā kuratea, porohita, ko meinga te tohu BAYER-cross ki tētahi taha, me te “15” me tētahi tapatoru ki tērā atu taha.



Ko ngā rongoā Xarelto 20 mg he rongoā kuratea, porohita, ko meinga te tohu BAYER-cross ki tētahi taha, me te “20” me tētahi tapatoru ki tērā atu taha.



I a koe e kai ana i te Xarelto me pēnei koe

- ◆ Me whāki ki ngā kaimahi ngaio hauora katoa e kitea, pēnei i te tākuta, te rata niho, te kaituku rongoā, te tākuta waewae raini, i tō kai i te Xarelto. He mea hirahira i tana pānga pea ki ngā momo rongoā anō e oti i a koe te whai.
- ◆ Whakamaumahara i tō tākuta, i tō kaituku rongoā raini i tō kai i te Xarelto ina mea ake nei e kai ana koe i ngā rongoā hōu, tae rā anō ki ngā mea noa, ngā mea otaota, ngā rongoā māori raini (pēnei i te Rongoā Māori, ngā rongoā nō Haina raini).
- ◆ Me tōtika te whāki ki tō tākuta ina ka hapū koe, ina e whakamahere ana kia hapū, ina e whāngai ū ana koe raini.

Me pēhea te roanga o tō kai i te Xarelto?

- ◆ Mā tō tākuta e whakatau te roanga o tō kai i te Xarelto.
- ◆ E kai i te Xarelto ia rā, ia rā, māna e meatia kētia atu e tō tākuta. Kāore pea koe e rongō i ngā rerenga kētanga i tō kai i te Xarelto, engari e āwhina ana ā-roto, e ārai ana koe i ngā poketoto, i terehu ohotata raini.

He aha pea ngā āhukatanga pā mai o te Xarelto?

Me tōtika tōu mea atu ki tō tākuta, ki tō kaituku rongoā ina māuiui haere tō āhua i a koe e kai ana i te Xarelto. Kaua e ohore i ngā āhukatanga ki te rārangi e whai ake nei – kāore pea e pāngia koe. Uia tō tākuta, tō kaituku rongoā raini e whakautu i ngā pātai āu.

I a koe e kai ana i te Xarelto me kaua koe e pēnei

- ◆ Me kaua e tau, e panoni raini i te rahinga me te kore e mātua hihira ki tō tākuta.
- ◆ Me kaua e whānagi i tō Xarelto ki tētahi atu, ahakoa e ōrite ana tōna āhukatanga ki tōu.
- ◆ Me kaua e taraiwa, e whakamahi i ngā mīhini raini ina āmai koe i te Xarelto.

Ngā rongoā anō

- ◆ Ka pāhekoheko pea te Xarelto ki ngā rongoā anō.
- ◆ Kia haumarua ai, me whāki ki tō kaituku rongoā, tō tākuta raini i ngā rongoā katoa e kai ana koe, tae rā anō ki ngā mea ka hoko koe me kore ake tētahi whakahau rongoā i te kaituku rongoā, i te hokomaha, i ngā toa kai hauora raini.

Me tōtika tō whāki ki tō tākuta, tō toro raini ki Aitua me te Ohotata (A&E) ki tō hōhipera paetata ina pā mai tētahi o ngā mea e whai ake nei:

- ◆ Te taero haere
- ◆ Te pupuhi māramatanga-kore
- ◆ Te hēmanawa, te mamae ki te poho
- ◆ Ngā tohu o te mate pāwera, pēnei i te kōpukupuku, te pupuhi o te kanohi, te hēmanawa raini
- ◆ Te kōwhai haere o te kiri, ngā karu hoki/raini
- ◆ Te roa rawa o te toto ake, ina koa, mai i ngā pūniho, wTe matarukuruku ki ngā ringa me ngā waewae
- ◆ Te āmai, te hemo iho
- ◆ Te papī mai i te taotūtanga pokenga
- ◆ Te ruaki, te maremare raini i te toto
- ◆ Te toto ki te mimi, ki te tiko raini
- ◆ Te kaha rere o te toto o te awa o te atua
- ◆ Te āhukatanga kiri me ngā tino hoipū & toto

Whāki tōtika atu ki tō tākuta e pā ana ki:

- ◆ Te ngongenonge, te kiri kōmā & te hēmanawa
- ◆ Te marū
- ◆ Te māuiuitanga (paipairuaki)
- ◆ Te ānini ā-ūpoko
- ◆ Te tikotiko, te kunāwhea, te maemae ā-puku
- ◆ Te mamae ki ngā ringa, ki ngā waewae raini
- ◆ Te kōroke
- ◆ Te karawaka
- ◆ Ngā pīrau auau pēnei i ngā tino haukōeoeo, te korokro mamae, me ngā kōmaoa ā-waha
- ◆ Te āhua kōpukupuku, te kiri māngeongeo
- ◆ Te kakapa manawa tere



He tūraru, he painga hoki tō te Xarelto Me tino whai i ngā tohutohu. Ina pā mai tonu ngā tohu māuiui, ina he raru anō āu, kōrero ki tō tākuta, tō kaituku rongoā, tō kaimahi ngaio hauora raini. Uia tō tākuta ina e tika ana te Xarelto mōu. He rongoa utua katoatia te Xarelto e ārai ana i ngā poketoto ā muri i te poke whakakapi hope, turi raini, e ārai ana i ngā poketoto ki tō toto (rehu ohotata), ki ō ia toto anō hoki/raini, he rongoa mō te tepe ia-auraki hohonu me te aukatinga ā-manawa, kia ārai hoki i te hokinga mai anō a te poketoto ki ō waewae, ō pukapuka hoki/raini - he rāhui e meinga ana. E meinga ana ngā utu māori mō te tākuta me te whakahau rongoā. Kia whai mōhiohio anō, pānuitia ngā Mōhiohio Consumer Medicines. E wātea ana te putanga hōu rawa ki www.medsafe.govt.nz, ki konei raini, Bayer New Zealand Ltd, B:HIVE, Smales Farm, 74 Taharoto Road, Takapuna, Tāmaki Makaurau 0622. Waea 0800 233 988. PP-XAR-NZ-0126-1. NA 12363. Hepetema 2020.