

Kai Fakalatalata

Kai fakalatalata e tau vahega mena kai oti, ti ua kai lahi e gako (*fakatai ko e kai lagataha nī e punu povi po ke vala māmoē he faahi tapu*), po ke tau mena kai ne lahi ke he vitamini K (*tuga e sinapi, broccoli, lētisi, tau fua pine soya, kāpisi, ase povi, alfalfa, wheat bran mo e green tea*). Maeke he Vitamini K ke moumou e malolō he warfarin.

Tūtala fakamua ke he pulotu he faahi malolō tino haau to taute e hā hikihikiaga ke he haau a tau kai.

Kava – nākai molea e 2 e inu kua lata he taha e aho. Ko e inu ke 300ml (*taha e kene*) he pia mahani mau, 60ml (*2 e inu ikiiki*) he sherry, port, 100ml (*hafa e kalase*) he uaina, 30ml (*taha e inu tote*) he kava maō.

Ka mole e 2 e inu he taha e aho to fakalahi ki luga (↑) e hagahagakelea he pātoto.

Fakafua Tama

Fakatūtala ke he haau a ekekafo kaeke ko e mena inu e koe e warfarin ti kua tuahā a koe kua fai tama po ke manako a koe ke fai tama.



Maeke he tegavai nai ke fakakelea e tama haau kaeke kua fakaaoga e koe ka e fakafua tama. Hā i ai e falu a tegavai tuga e heparin ke fakaaoga ka e toka e warfarin.

Fakahuhu Tama

Mitaki e warfarin ke folo kaeke kua fakahuhu tama a koe.

Ko e heigoa foki haaku kua lata ke iloa?

Talaage ke he tau tagata gahua malolō tino oti (tuga e ekekafo, tagata talavai, tagata mulu) ko e inu a koe he warfarin.

Talaage foki ke he tagata taute nifo to taute e tau nifo haau mo e fakaaoga e kana nifo molū kaeke kua fā toto e tau meamea haau.

Kalo kehe mai mo e tau feua ne ligaliga ke pākia a koe ke toto lahi (tuga e tau pelē sipote lakapī).

Ua liu ke tātatau po ke huki e ha vala he tino.

Ua mulu e kakano he neke tupu mai e unoko mo e polotekā.

Maeke a koe ke moua foki falu a talahauaga mai:

Haau a tagata tala vai, ekekafo, nosi gahua po ke kupega hila: www.medsafe.govt.nz

Tau koloa kua lata ke moua to fano kehe mai mo e fale gagao

- **Pepa Warfarin – Warfarin Book**
- **Tau fafati vai ke uta ka fano ki kaina – Discharge Prescription**
- **Laupepa Fale Laboratory – Laboratory Form**
- **Ke iloa e fafati he warfarin ke inu**

Warfarin



What you need to know

Tau mena kua lata i a koe ke iloa

Ko e heigoa e warfarin?

Ko e vai fafati mai he ekekafo ke lagomatai aki e toto ke ua tuli (*anti-coagulant*). Ko e Marevan® e vahega warfarin ne fā mahani ke fakaaoga. Ha ha i ai foki e taha vahega warfarin ne fakahigoa ko e Coumadin® ne nākai lata ke fakaaoga fakalataha mo e Marevan.

Ka fai mena kua kitia e koe kua kehe ti tūtala ke he haau a tagata talavai.

Ko e hā ne lata ai a koe ke fakaaoga e warfarin?

Kua lata i a koe ke fakaaoga e warfarin kaeke kua (po ke ligaliga) tuli haau a toto. Hagahagakelea lahi e tuli he toto kaeke ke fakalaia e holoaga he toto ke he tau halatoto mo e tau hokototo he tino.

Fakahigoa e toto tuli hokulo (fā mahani ke lauia he hui) ko e *Deep Vein Thrombosis* (DVT), ka e kaeke ko e māmā ti fakahigoa ai ko e *Pulmonary Embolism* (PE).

Kaeke ke nākai fotū mitaki e ate haau (fakahigoa ko e *Atrial Fibrillation* po ke AF) to maeke he toto ke fakatuai e tafe ti maeke ke tupu e tuli ke he toto ti moua agataha he matefua. Ka tuli e toto he ate ti maeke ke tupu mai foki e matefua.

Ko e heigoa e tau mena ne fakalagā aki e toto ke tuli?

- ◆ Molea e mamafa
- ◆ Tupu mai he ohi
- ◆ Nofo po ke takoto leva ke he mena taha (tuga e heke vakalele po ke heke motokā ke he tau matakavi mamao)
- ◆ lihi
- ◆ Tau pākia po ke tau kafokia lalahi
- ◆ Tau vai tului ke he gagao kenesā
- ◆ Fakafua tama
- ◆ Hormone Replacement Therapy (HRT)
- ◆ Tau tegavai fakaokioki fanau (“The Pill”)



Tivi tūmau e toto

Kua lata i a koe ke tivi tūmau e toto haau. Ka tivi, ti fuafua e mafiti he tuli he toto ne fakahigoa ai ko e **INR** (*International Normalised Ratio*). Kua lata e INR ke he vahālotō he 2 mo e 4.

To fakailoa atu he ekekafo haau e tūaga INR kua lata a koe ke foli ki ai, ko e lahi fēfē e warfarin ke lata mo koe, mo e tau magaaho fē ke tivi ai e toto haau.

Kaeke ko koe ha he fale gagao, to tivi he matakavi ia e toto haau. Ka nofo a koe i kaina to atu he ekekafo haau e taha laupepa ke fakapuke kaeke kua lata ke taute pihia, ke uta e koe ke he fale huki toto.

Ko e aho ka tivi ai e toto haau:

1. Tivi e toto haau he magaaho pogipogi
2. Hea he magaaho afiafi ke moua e talahauaga. To talaatu he nosi po ke ekekafo haau e lahi he vai ke inu he magaaho afiafi. Inu e fafati vai haau he magaaho afiafi ti fakamau kua inu e koe haau a fafati vai.

Magaaho fē ka inu ai haaku tau tegavai?

Inu e tau tegavai haau (taha e fafati) lagataha he aho ke he tau magaaho taha nī. Mitaki lahi e tau magaaho afiafi ke maeke a koe ke tivi e toto haau he magaaho pogipogi.

Fakamailoga e kālena kaeke kua inu e fafati vai haau po ke fakaaoga e taha fakatokaaga inu vai gagao.



Maeke ke kai po ke nākai kai to folo e tegavai warfarin.

Ko e heigoa haaku ke taute ka nimo e taha fafati tegavai?

Inu fakamafiti e fafati tegavai ia kua nimo he magaaho ka manatu ai e koe **kaeke** ko e aho taha ia ni. Ka e kaeke kua hoko ke he taha aho to manatu e koe, inu he fafati tegavai ke lata ma e aho ia nī hā ko e mena **fakatapu** lahi ke ua e fafati tegavai he taha e aho.

Talaage ke he ekekafo e tau fafati tegavai ne nimo ke folo.

Fiha e leva ke folo ai e au e warfarin?

Uta nī ke he malolō haau. To fakailoa atu he ekekafo haau ko e fiha e leva ke folo ai e koe e warfarin.

Falu a vahega vai foki, tau vai fakatau (“over the counter medicines”) mo e falu a lagomatai tului

Maeke he loga he tau vai ke hiki e gahuahuaaga he warfarin (tuga e loga he tau antibiotics ti maeke foki e tau vai ke tului aki e gagao gugu, ke fakalahi ki luga e hagahagakelea he pātoto). Maeke foki he St John’s wort, ginkgo, ginseng, dong quai, huhua cranberry mo e ginger ke fakakehe e kitiaaga ke he warfarin.

Talaage oti e tau vahega vai haau ne inu mo e falu a lagomatai tului ke he haau a ekekafo mo e tagata talavai.

Hea fakamafiti ke he ekekafo kaeke kua:

- ◆ Fai unoko kua kehe po ke kua patoto a koe
- ◆ Fiva, pikitia
- ◆ Kokō, hihī
- ◆ Fai mena mamahi ka e nākai iloa ko e hā
- ◆ Nākai fia kai ke he 2-3 e tau aho
- ◆ Toto e mimi po ke fakavao (uli e tau fakavao)
- ◆ Fai kehe e kili haau (tuga e magiho po ke pāpā)

