

Dabigatran

(E mōhiohia ana anō hei Pradaxa)

Kua tukuna te dabigatran ki a koe hei whakaiti i tō tūponotanga ki te ikura roro. E whakamahia ana te dabigatran hei ārai me te whakamaimoa i ngā tepe toto, tae atu ki ērā i pupū ake i kapa manawa tīpokapoka (atrial fibrillation).



Kīnakihia te dabigatran ki te kai me te wai



Kainga kia KOTAHI te pire i te ata, kia KOTAHI te pire i te ahiahi.



Me kīnaki i tō pire ki te kai kia kore ai e tokopā, e pohongāwha.



Me noho ngā pire ki te tākai pepa tini taketake kia kore ai e mākū. Me tango noa ina reri ana koe ki te kai.

Ki te tāhapa he horopeta dabigatran ka piki te tūpono pā mai o te tepe toto

- Mēnā kua tāhapa i a koe tētahi horopeta, ā, ko te mea whai ake kei roto i te 6 haora, me waiho te mea i tāhapatia.
- Mēnā kua tāhapa i a koe he horopeta, ā, neke atu i te 6 haora ki tō horopeta whai ake, me wawe tonu te kai i te horopeta i tāhapatia ina maumahara koe.
- KAUA RAWA e kai i ngā horopeta e rua i te wā kotahi i te mea i tāhapa i a koe he horopeta.

He rongoā wā roa te dabigatran

- Me tiki i tō tūtohu rongoā i mua i te paunga o tō pire.
- Me mātua whakarite kei te rawaka tō pire mō ngā mutunga wiki me ngā hararei.
- Kua rawa e mutu te kai dabigatran engari ia ki te tohutohuria koe e tō rata. Ki te moata rawa tō whakamutu ka pā mai pea ngā tepe toto me te ikura roro.

Me whakamōhio atu ki tō kaiwhakarato hauora

Me pātai atu ki tō rata, taka rongoā rānei mēnā kei te pai ki te kai rongoā hou, ngā hua kai otaota rānei. Ka taea e ētahi rongoā te dabigatran te whakararuraru.

Me whakamōhio atu ki ngā kaiwhakarato hauora katoa kei te kai dabigatran koe (hei tauira, tō rata, tō rata niho, tō taka rongoā, rata waewae rānei). Me mutu pea tō kai dabigatran i mua i tō hāparapara, whakamaimoa niho me ētahi whakamātautau.

Me whakamōhio atu ki tō rata ki te hapū koe, kei te ngana kia hapū, te tīmata rānei ki te whāngai ū.

Ka whakapiki te dabigatran i te mōrea o te whakaheke toto

Kaua ngā tākaro tukituki, ngā kirituhi, ngā whakarākei me ngā mirimiri tino kaha.

Me wawe tonu te whakapā atu ki tō rata, Healthline 0800 611 116 rānei mēnā ka kite koe i ēnei pānga kino:

- mimi whero, parauri rānei, he pango rānei o hamuti
- marū tino rerekē
- toto te ihu
- ka pakaru mai te toto i te maremare, ngā iraira parauri rānei
- ngā ānini kino
- he kaha te toto i muri i te motunga, hinganga rānei.

Mō ētahi atu mōhiohia mō te dabigatran, haere ki healthnavigator.org.nz/dabigatran

Dabigatran

(Also known as Pradaxa)

You have been given dabigatran to lower your risk of having a stroke. Dabigatran is used to prevent and treat blood clots, including those caused by atrial fibrillation (irregular heart beat).



Take dabigatran with food and water



Take ONE capsule in the morning, and ONE capsule in the evening.



Taking your capsule with food helps to prevent indigestion or heartburn.



Keep capsules in the original foil package to protect from moisture. Only take them out when you are ready to use them.

Missing doses of dabigatran increases your risk of getting a blood clot

- If you have missed a dose and the next dose is less than 6 hours away, skip the missed dose.
- If you have missed a dose and there are more than 6 hours until the next dose, take the missed dose as soon as you remember.
- DO NOT take two doses at the same time to make up for a missed dose.

Dabigatran is a long-term medicine

- Get your prescription before you run out of capsules.
- Make sure you have enough capsules for weekends and holidays.
- Don't stop taking dabigatran unless your doctor tells you to. Stopping too early can lead to blood clots and stroke.

Tell your healthcare provider

Ask your doctor or pharmacist if it is safe to take any new medicines or herbal supplements. Some medicines can affect dabigatran.

Tell all healthcare providers that you are taking dabigatran (eg, your doctor, dentist, pharmacist or podiatrist). You may need to stop dabigatran before surgery, dental care and some tests.

Tell your doctor if you become pregnant, are trying for a baby or start breastfeeding.

Dabigatran increases your risk of bleeding

Avoid contact sports, tattoos, piercings and deep massage.

Contact your doctor or Healthline 0800 611 116 urgently if you notice these side effects:

- red or brown pee, or black poo
- unusual bruising
- nosebleeds
- coughing up blood or brown spots
- bad headaches
- bleeding a lot after a cut or fall.

For more information about dabigatran, visit healthnavigator.org.nz/dabigatran