


Te Allopurinol mō te porohau

(Whakahua 'al-lo-pew-ri-nol')

Whakamahia ai te Allipurinol hei ārai i te mate porohau (pānga ohore).

Nā te porohau ka pā ohore te mame me te pupuhi o ngā pona. Pāngia ai ki te kōnui, engari ka pā pea ki ngā pona katoa.

 E wātea ana te Allipurinol hei pire 100 mg, 300 mg rānei.



www.healthify.nz/allopurinol

Ka pā mai te mate porohau mēnā he nui rawa te waikawa uric i roto i tō toto



Tātarihia ai e ngā tākihi te waikawa uric ki roto i tō mimi. Mēnā he nui rawa te waikawa uric o tō tinana, kāore rānei e taea e ō tākihi te tātari ake, ka noho tuhene.



Ka huri te waikawa uric hei tioata ki roto i ō pona, me te aha ka mame, ka pupuhi hoki. Ā tōna wā ka kino pea ō pona, ō kōiwi me ō tākihi.



Ina pāngia ki te mate porohau, ka tipu haere te nui me te maha o ngā tioata, ā, ka kitea i ētahi wā hei pukupuku i raro i te kiri (tophi).

Ka whakaiti te allopurinol i te nui o te waikawa uric kei roto i tō tinana. Ina kainga i ia rā, ka memeha ngā tioata, ka aukatihia ngā mate porohau, ā, ka ārai i te kino mauroa ki ō pona.

Hei aukati i te mate porohau, me noho te taumata o tō waikawa uric ki raro i te 0.36 mmol/L*



* Ina pāngia ai koe e te mate porohau, te tophi rānei, me noho te taumata o tō waikawa uric ki raro i te 0.3 mmol/L.



He whakarāpopototanga tēnei pepameka. Mō ētahi atu taipitopito kōrero mō te allopurinol, haere ki: www.healthify.nz/allopurinol

Te timata ki te kai allopurinol

- Ka tukua e tō kaiwhakarato hauora he pota tīmatanga iti ki a koe (tōna tikanga he 50, he 100 mg rānei i ia rā) hei whakaiti i ngā pānga kino.
- Kātahi ka āta whakapikihia e ia tō pota, kia tau rā anō tō taumata waikawa uric ki raro i te 0.36 mmol/L.
- Ko te pota mauroa noa ko te 100 ki te 600 mg i ia rā. Ka hiahia pea ētahi tāngata i te 900 mg i ia rā.

Ka pāngia pea koe e te mate porohau ina tīmata ki te kai allopurinol

Ki te pēnei, ka pōhēhē pea koe e kino haere ana tō mate porohau, engari karekau. Ina whakaiti te allopurinol i te nui o te waikawa uric e mahia ana e tō tinana, ka memeha haere ētahi o ngā tioata i roto i ō pona.



Ina memeha haere ngā tioata, ka puta pea te mate porohau.



Hei āwhina i a koe ki te whakahaere i te mate porohau, ka tūtohua he rongoa patu mamae pērā i te pota iti o te colchicine, ngā ārai-kakā pūtaiaki kore (NSAIDS), te prednisone rānei, mō te 6 marama.

Ki te pāngia koe e te mate porohau

- Me whakatā, ka hiki i te pona mamae.
- Meatia he pēke tio ki runga mō te 10 ki te 15 mēneti.
- Kainga he rongoa hei whakamauru i te mamae me te pupuhi. Pātai atu ki tō kaiwhakarato hauora mō tēnei.



Kia mōhio

- Kāore te allopurinol e whakamaimoa i te mamae me te pupuhi nā te mate porohau – he mea āwhina kē ki te ārai atu.
- He mea nui kia kai tonu i tō allopurinol, ahakoa e pāngia ana e te mate porohau.

KĀTI

Pāweratanga

Ki te pāngia tō kiri e te kōpukupuku, te māngeongoe rānei – ahakoa he paku noa, **kāti te kai allopurinol** ka whakapā wawe atu ki tō rōpū hauora, ki a **Healthline rānei ki 0800 611 116**. Ka puta pea tētahi pāweratanga kino.



Whakamahia te tūtohi pota kei te whārangi e whai ake ana hei tuhi me te whai haere i tō pota allopurinol.



He rongoa tauroa te allopurinol

- E noho ai tō taumata waikawa uric ki raro i te 0.36 mmol/L, me kai tonu koe i te allopurinol i ia rā.
- Mēnā ka mutu to kai allipurinol, ahakoa mō ētahi rā noa iho, ka piki te taumata o tō waikawa uric, ā, ka puta ngā tioata. Nā tēnei ka puta te mate porohau, ka kino hoki ngā pona.

Taku tūtohi pota

Wiki	Mai i te rā	He (mg i ia ra) taku pota
Wiki 1		
Wiki 2		
Wiki 3		
Wiki 4		
Wiki 5		
Wiki 6		
Wiki 7		
Wiki 8		
Wiki 9		
Wiki 10		
Wiki 11		
Wiki 12		



Me tiroiro tō waikawa uric

- Me whakamātautau haere i tō toto hei tiroiro i te taumata o tō waikawa uric, kia kite ai mēnā me whakapiki i tō pota allopurinol.
- Ka 6 ki te 12 marama pea te roa o te kai allopurinol i ia rā e heke ai te taumata o tō waikawa uric ki raro i te 0.36 mmol/L.

Te taumata o taku waikawa uric

Whakamahia tēnei tūtohi hei whai i te taumata o tō waikawa uric.

Te rā	Te taumata o taku waikawa uric (mmol/L)
/ /	
/ /	
/ /	
/ /	
/ /	
/ /	



Mō ētahi atu kōrero mō te allopurinol
haere ki www.healthify.nz/allopurinol