

Ngā rongoā whakaporehu mō ngā mamae wā poto

Ka whakamahia ngā rongoā whakaporehu mō ngā tino mamae, pērā i muri i te pokanga, whara kino rānei. Ka pā mai pea ngā pānga kino nui i ngā whakaporehu, nō reira me whakamahi mō te wā poto.

Ko ngā tauira o ngā rongoā whakaporehu ko te:

- morphine
- oxycodone
- codeine
- tramadol



www.healthify.nz/whakaporehuds

Me pēhea te kai whakaporehu



Me whakamahi anake ngā whakaporehu mō te wā poto rawa noa iho, ā, me te pota iti rawa atu.



Me whai i ngā tohutohu kei te tapanga mō te nui me te auau o te kai i te rongoā.



Mēnā kua tūtohua hoki te paracetamol, te ārai-whakakakā rānei, ka taea e koe te whakamahi me ō rongoā whakaporehu. Mēnā kāore koe i te tino māharahara, me pātai atu koe ki tō kaiwhakarato hauora.

Ina whakaora mai tō tinana, me iti haere tō kai rongoā whakaporehu



Ko te tikinga, kua e roa atu i te kotahi wiki te kai whakaporehu.



Ina kainga mō te wā roa, ka nui haere te tūpono pā mai o ngā pānga kino, ā, ka taea te warawara.



Mēnā kāore i te pai ake tō mamae, kua e kai pota tāpiri. Tirohia tō kaiwhakarato hauora mō ngā tohutohu.

I a koe e kai ana i ngā whakaporehu



Ka hiamoe koe i ngā whakaporehu, ā, ka whai pānga ki ō whakaaro me whakatau

Ina kai whakaporehu, e tūtohua ana mōu:

- Kaua e inu waipiro.
- Kaua rawa e taraiwa, te eke pahikara, whakahaere mīhini, tae atu ki te ngā utauta hiko.
- Kia tūpato me ngā mahi pērā i te tunu kai.
- Kaua e tuku whakatau whaiaro, pakihī rānei, te waitohu pepa ture rānei.



Kia tūpato ina kai koe i te pota whai ake

Mēnā kei te pītawitawi koe, kei te hiamoe rānei, kua e kainga tō pota whai ake kia tino oho koe, ka pātai ki tō kaiwhakarato hauora mō ngā tohutohu.



E rārangi ana ngā pānga kino noa me te kino i te whārangi whai ake

I a koe e kai ana i ngā whakaporehu (haere tonu)



Kia nui te kai weu me te inu wai

Ka uua pea, ka mamae rānei te tiko (korokē). Mēnā ka pēnei, me pātai ki tō kaiwhakarato hauora mō tētahi rongoā whakatiko, hei whakangāwari i tō hamuti.

Te kai i ngā kai he weu kei roto, te inu wai me te korikori tinana haere.



Me whakamātau i ētahi atu huarahi hei whakahaere i tō mamae

Ka whakaiti ngā whakaporehu i ngā mamae kino engari kāore e whakakorehia katoatia atu tō mamae.

Me whakamātau i ētahi tikanga whakaparohe, ngā korikori tinana mama me ngā whakamakaka.



Me whakamōhio atu ki ō kaiwhakarato hauora kei te kai whakaporehu koe

Me pātai ki tō rata, kaitaka rongoā rānei mēnā he haumaruru ki te kai i ētahi atu rongoā – otirā ngā rongoā mō te mamae, te anipā, te moe, te pāpōuri. Ka whai pānga pea ngā whakaporehu ki ētahi atu rongoā.



Mēnā kei te whāngai ū koe

Tē taea e te nuinga o ngā tāngata te whāngai ū i te wā e kai whakaporehu ana mō te whakamauru mamae. Me whakamōhio atu ki ō rata mēnā kei te whāngai ū koe kia pai te kōrero mō tēnei ki a koe.

E tūtohua ana ia kua e moe me tō pēpi ina kai whakaporehu. Me whakamoe i tō pēpi ki tōna ake moenga.



Me whakahoki i ngā toenga whakaporehu ki tō kaitaka rongoā kia haumaruru te whakakore

He mate āpiti ō ngā rongoā katoa

Ka pā mai pea i ngā rongoā whakaporehu ngā tohumate, engari kāore e pā mai ki ngā tāngata katoa.

Ngā mate āpiti e kitea whānuitia ana

Me kōrero ki tō rata mēnā ka pā mai he rarururu ki a koe i ēnei pānga kino, kāore e kore atu rānei:

- te māuiui (whakapairuaki), te mate (ruaki)
- kiri mangeo
- kōroke.

Ngā pānga kino nui

Whakapā wawe atu ki tō rōpū manaaki hauora, ki Healthline i **0800 611 116** rānei mēnā ka kite koe i ēnei pānga kino me te kī atu kei te kai koe i te whakaporehu:

- kei te tino hiamoe koe, he uua te noho oho
- he uua te hēhē, he hēmanawa rānei
- he uua te mimi
- he kuiki te puku, he mamae rānei te puku.



Kia mōhio: Me noho ō rongoā whakaporehu ki tētahi wāhi haumaruru kāore e taea e te tamariki me ngā mōkai.