

Fo‘i‘akau “Dabigatran”

(‘oku toe ‘iloa ko e Pradaxa)

Kuo ‘osi ‘oatu ho‘o fo‘i‘akau “dabigatran” ke tokoni ke holoki ‘a e fakatu‘utāmaki ‘o ha‘o pā kalava. ‘Oku ngāue‘aki ‘a e “dabigatran” ke ta‘ofi mo faito‘o ‘aki ‘a e fatu ‘a e toto’, ‘o kau ai mo e mahaki ‘oku fakatupu ‘e he “atrial fibrillation” (fehālaaki ‘a e tā ‘a e mafu).



Folo ‘a e “dabigatran” fakataha mo e me‘akai mo e vai



Folo ‘a e fo‘i‘akau ‘e TAHA ‘i he pongipongi’, pea TAHA ‘i he efiāfi’.



Ko ho‘o folo ‘a e fo‘i‘akau’ fakataha mo e me‘akai ‘oku tokoni ia ke ta‘ofi ‘a e futefutengia’ pē hakevela’.



Fa‘o ‘a e ‘u fo‘i‘akau’ ‘i he peketi na‘e fa‘o atu ‘ai’ ke malu‘i mei he hauhau’. Toki to‘o pē ‘a e fo‘i‘akau’ ‘i he taimi ‘oku ke fiema‘u ke folo ai’.

Ka ‘ikai ke ke folo ‘a e “dabigatran” ‘i hono taimi totonu’ te ne fakalahi a‘e fakatu‘utāmaki ‘o e fatu ho toto’

- Kapau na‘e ‘ikai ke ke folo ‘a ho‘o fo‘i ‘akau hono taimi totonu’ pea ko e taimi folo hono hoko’ ‘oku si‘isi‘i ange ia he houa ‘e 6, ‘oua te ke toe folo ‘e koe ‘a e fo‘i‘akau na‘e ngalo ke ke folo’.
- Kapau na‘e ngalo ke folo ‘a ho‘o fo‘i‘akau’ pea ‘oku laka hake ‘i he houa ‘e 6 ‘a e taimi ke folo ai ‘ae fo‘i‘akau hono hoko’, folo leva ‘a e fo‘i‘akau na‘e ngalo ke folo’ ‘i ho‘o manatu‘i pē.
- ‘OUA na‘a ke folo fakataha ‘a e fo‘i‘akau ki he taimi folo ‘e ua ‘o kapau na‘e ngalo ke folo ‘a e fo‘i‘akau ‘e taha ‘i hono taimi totonu’.

Ko e fo‘i‘akau “dabigatran” ‘oku folo ia ‘i ha taimi lōloa

- ‘Omi ha‘o tohi mei he toketā ke ma‘u ‘aki mai ho‘o fo‘i‘akau’ kimu‘a pea toki ‘osi.
- Fakapapau‘i ‘oku lahi fe‘unga ho‘o fo‘i‘akau’ ki he ngaahi ‘aho faka‘osinga ‘o e uike mo e ngaahi ‘aho mālōlō’.
- ‘Oua na‘a tuku ho‘o folo ‘a e fo‘i‘akau “dabigatran” tukukehe kapau ‘e talaatu ‘e ho‘o toketā’ ke tuku. Ka tuku vave hono folo’ ‘e malava ke hoko ai ‘a e fatu ‘o e toto’ pea mo e pā kalava.

Fakahā ki he ni‘ihi ‘oku nau tokangaekina ho‘o mo‘ui lelei

‘Eke ki ho‘o toketā pe tokotaha hu‘ivai’ pē ‘oku malu/lelei ke ngāue‘aki ha toe faito‘o fo‘ou pē ha faito‘o ngaohi mei he ‘akau’. ‘Oku ‘i ai ‘a e ngaahi faito‘o ‘oku kaunga kovi ki he “dabigatran”.

Fakahā kiate kinautolu ‘oku nau tokanga‘i ‘a e mo‘ui lelei’ ‘oku ke ngāue‘aki ‘a e “dabigatran” (eg, ko ho‘o toketā, toketā nifo, tokotaha hu‘ivai pē tokotaha tokanga‘i ‘o e va‘e). ‘E malava ke fiema‘u ke ta‘ofi ho‘o folo ‘a e “dabigatran” kimu‘a ha tafa, ngaahi nifo pea mo ha toe ngaahi sivi kehe.

Fakahā ki ho‘o toketā kapau ‘oku ke feitama, pe ‘oku mo feinga ke ‘i ai ha pēpē pe ‘oku ke kamata ke fakahuu.

‘Oku fakalahi ‘e he “dabigatran” ‘a e fakatu‘utāmaki ‘o e fānoa ho toto’

Faka‘ehi‘ehi mei he va‘inga ‘e milimili sino, tātatau, fakaava/tui‘i mo e fotofota.

Fetu‘utaki fakavavevave ki ho‘o toketā’ pe healthline ‘i he 0800 611 116 kapau te ke fakatokanga‘i ‘a e ngaahi me‘a ko ‘eni’:

- kula pe melomelo ‘a e tu‘uofi’, pē ‘uli‘uli ‘a e tu‘umama‘o’
- takataka‘uli
- toto ‘a e ihu’
- tale pea ha‘u ai ‘a e toto pē me‘a lanu melomelo
- langa lahi ‘a e ‘ulu’
- fānoa ‘a e toto’ hili ha lavea pē tō.

Ki ha toe fakamatala fakaikiiki ‘o e “dabigatran”, vakai ki he 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