

Paracetamol

Ko ngā ingoa umanga:






- Panadol®
- Paracare®
- Pacimol®

Ko te whakahua ko 'pa-ra-SEE-ta-mol'

Whakamahia ai te paracetamol hei whakamaimoa i te kirikā me te mamae tae atu ki te ānini māhunga, me ngā mamae noa e pā ana ki te KOWHEORI-19. Ka tīmata ki te mahi hei te takiwā o te 30 meneti mai i te kai i tētahi pota, ā, he 4 ki te 6 haora te roa e mahi ana.

Ina kainga e ai ki ngā tohutohu, he pai te mahi a te paracetamol. Engari, he mea nui kia kaua e nui atu te kai i te pota e tūtohua ana mō te rā. Mēnā ka nui rawa tō kai – i te wā kotahi, i ētahi rā rānei – ka taea e te paracetamol te tūkinu tō ate.

Me pēhea te kai paracetamol

-  Wātea mai ai ngā pire paracetamol hei pire 500 mg.
-  Ko te **pota noa mō ngā pakeke** he 1 pire, e 2 rānei i ia 4 ki te 6 haora ina hiahiatia mō te mamae, te kirikā rānei.
-  Me **tatari mō te 4 haora, neke atu rānei** i waenga pota.
-  **Kaua rawa e kainga** kia nui atu i te 8 pire i roto i te 24 haora, te 4 karamu i roto i te 24 haora RĀNEI.
-  Me tuhi te rahinga o ō pota.

He maha ētahi atu rongoā he paracetamol kei roto

Kei roto te paracetamol i ētahi atu rongoā whakamauru mamae, rewharewha me te whurū, hei tauira, Codral®, Nuromol®, Lemsip® me te Maxigesic®.

Āta tirohia ngā kai o roto i ngā rongoā i mua i te kai.

Mēnā kei te kai koe i ētahi atu rongoā he paracetamol kei roto, kaua e kainga kia nui atu te pota paracetamol e tūtohua ana i ia rā (4 karamu i te 24 haora).

Me pātai ki tō kaitaka rongoā mēnā kāore koe i te mōhio.

He ohotata hauora te māti i te paracetamol

Mēnā ka kite koe kua nui rawa tō kai paracetamol (me ērā atu hua he paracetamol kei roto), me wawe te waea atu ki tō rata, tō nēhi rānei, te Poisons Centre 0800 POISON (0800 764 766) rānei.

- **KAUA RAWA E TATARI** mō ngā tohu o te māti i te mea i te pānga mai o ērā kua tūkinu kētia tō ate.
- Ko ngā tohu o te māti ko te whakapairuaki (kei te māuiui), te ruaki, mate tikotiko, kiri kōwhai, karu kōwhai rānei, kāore i te hiakai, pōrarutanga, tino hiamoe rānei.
- Ko te hunga pakeke ake te hunga ka tino mōrea, me tino tūpato rānei.

Mō ētahi atu mōhiohio mō te paracetamol, haere ki hn.org.nz/paracetamol