

# Dabigatran

(Tetai ingoa e Pradaxa)

Ka pāroru te Dabigatran ia koe mei te maki akamate'anga o te kopapa (stroke), no reira i oake ia atu ei kia kai koe. Ka pāroru i te putoto (blood clot) e te mariko'angakore o te pate o te pukuatu (AF).



## Kaikai, inu vai i mua ake ka kai ei i te Dabigatran



Kai e TAI ua i te popongi, e TAI i te aiāi.



Me kai koe i te ua ma te kaikai, kare e kinokino te kopu, kare katoa koe e ate ka'ia.



Auraka e pana vave i te ua mei roto i tona vairanga, kia tae roa ki te taimē ka kai ei koe kia kore e kino te ua.

## E tupu ana rai te putoto me kare e aru ia ana te akanooanga no te kai'anga i te ua

- Me topa koe i tetai kai'anga o te ua e, e tei raro ake i te 6 ora toe koe ki te kai'anga ka aru mai, akangaropoina iatu te reira kai'anga.
- Me topa ra koe i tetai kai'anga e, e ara atu i te 6 ora toe ki te kai'anga ka aru mai, kainga ia i tera taimē rai.
- AURAKA e kai atu e rua kai'anga i te taimē me topa i tetai kai'anga.

## Ko te kai'anga i te Dabigatran, no tetai tuātau roa

- Tiki vave atu i toou peapa no te ua, i mua ake ka pou ei toou i te ngutuare.
- Akara ua rai e kua rava toou ua no te au tuātau orote, e te au openga epetoma.
- Auraka e akamutu i te kai i toou Dabigatran, na toou Taote roa e akakite atu e, e akamutu koe. Ka tupu te pu toto e te akamate'anga o te kopapa me akaruke pu ua koe i te kai i te ua.

## Akakite atu ki toou Punanga Rapakau

Me e ua me kore ra e vaikau ke atu taau ka kai, e uiui atu koe ki toou Taote me kore ra Taunga Vairākau na mua. E riro ana tetai au tu vairākau i te tamanamanata atu i te angaanga a te Dabigatran.

Akakite atu ki te au Tangata rapakau (Taunga vairākau, Taote ni'o, Taote o te vaevae) taau ka atoro atu e, te kai nei koe i te Dabigatran. Penei e ka anoano'ia koe i te akamutu i te kai i teia, i mua ake i ta rātou rapakau'anga.

Akakite atu ki toou Taote me nui koe, e te inangaro nei koe kia nui koe, me kore ra me akamata koe i te angai i taau pepe ki toou u.

### Ko te aronga e kai ana i te Dabigatran, e kitena ia ana rai te pakari o te ta'e o te toto

Uri ke atu mei te au tarekareka akau kopapa aere, te tatatau, te koputa taringa e te maoro oonu.

### Atoro viviki atu i toou Taote, me kore ra te Healthline 0800 611 116 me kite koe i tetai o teia au turanga:

- Muramura me kore rengarenga to'u te mimi, me kore ra kerekere te tutae
- Uri kerekere tetai au ngai o te kopapa
- Ta'e ua te putangio
- Mare toto me kore ra tare karaea
- Mamae kino te katu
- Eke ua te toto me motu tetai ngai o te kopapa, me kore me topa ki raro.

Me ka inangaro koe i te kite oonu atu no runga i te dabigatran, atoro atu i te kupe roro uira [healthnavigator.org.nz/dabigatran](http://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](http://healthnavigator.org.nz/dabigatran)