

# Raru whakarato: Wē paracetamol

(Te whakahua ko 'pa-ra-Sī-ta-mol')



E tino whakamahia ana te wē paracetamol mō te kirikā me te whakamauru mamae, otirā mō te tamariki. Mai i te 1 o Hepetema 2022, ka whakararua te whakarato o te momo paracetamol (Paracare) wē e whakaratoa ana. Hei whakarite i te whakarato haere tonu, ka whakakapia te Paracare e tētahi momo hou ko Avallon paracetamol.

## He aha te rerekē o Avallon paracetamol?

### 120 mg i roto i te 5mL (kaha iti iho)

He rerekē te tae me te hā. He āhua mā anō te Avallon, ā, he rōpere/wanira te reka.

### 240 mg i roto i te 5mL (kaha ake)

- He rerekē te pota o te 240 mg i roto i te 5mL mai i te Paracare Double Strength, he 250 mg i roto i te 5mL. Ko te tikanga o tēnei ka rerekē pea te nui o te rongoā ka whāngaia ki tō tamaiti. Tirohia te tūtohi pota i te whārangi e whai ake.
- He āhua mā anō tēnei kaha, ā, he rōpere/wanira te reka.



He ōrite te tae me te reka o ngā kaha e rua o Avallon paracetamol. Me pānui i te tapanga i ngā wā katoa, ā, me tika te pota mā tō tamaiti.

**KAUA RAWA e whakawhirinaki ki te tae, kakara, hā rānei.**

Me pātai ki tō rata, nēhi, kaitaka rongoā rānei mēnā kāore koe i te tino mōhio he aha te pota me tuku.



### Kia mōhio

Ka rerekē pea ngā kai tautauā o roto pērā i ngā whakareka, tae me te huka. Mēnā he pātai āu mō ēnei, me kōrero ki tō rata, nēhi, kaitaka rongoā rānei.



## Kāore i whakaaetia te Avallon 240 mg i roto i te 5 mL e Medsafe

Ahakoia kua whakaaetia i Aotearoa, kāore anō kia whakaaetia te Avallon 240 mg i roto i te 5mL mā te tukanga whakaae a Medsafe o Aotearoa. Ehara i te mea kāore ēnei rongoā i te pai.

**E hia te nui o te paracetamol me whāngai ki taku tamaiti?**

- Kei te taumaha o tō tamaiti te pota paracetamol.
- Me ine i te taumaha o tō tamaiti KA tirotiro i te kaha o tō paracetamol.
- Me whakamahi te tūtohi i raro hei kimi i te pota tika.

**I mua i te whāngai paracetamol ki tō tamaiti:**

- Me tirotiro mēnā me whiwhi tonu tō tamaiti.
- Me tatari mō te 4 haora, neke atu rānei i waenga pota.
- KAUA e nui atu i te 4 ngā pota i roto i te 24 haora.
- Me tirotiro i te rā mōnehu.

**!** He mea nui kia kaua e nui atu te whiwhi a tō tamaiti i te pota e tūtohua ana mō te rā. Mēnā ka nui rawa te whiwhi a tō tamaiti – i te wā kotahi, i ētahi rā rānei – ka tūkinohia pea e te paracetamol tōna ate.

**Tūtohi pota paracetamol**

Taumaha o te tamaiti	120 mg i roto i te 5 mL	250 mg i roto i te 5 mL	240 mg i roto i te 5 mL (kaha hou)
Iti iho i te 5 kg	Me pātai atu ki tō rata, kaitaka rongoā rānei	Me pātai atu ki tō rata, kaitaka rongoā rānei	Me pātai atu ki tō rata, kaitaka rongoā rānei
5 kg	3 mL	1.5 mL	1.5 mL
6 ki te 7 kg	3.5 mL	1.5 mL	1.5 mL
8 ki te 9 kg	5 mL	2 mL	2.5 mL
10 ki te 12 kg	6 mL	3 mL	3 mL
13 ki te 14 kg	8 mL	4 mL	4 mL
15 ki te 16 kg	9.5 mL	4.5 mL	4.5 mL
17 ki te 18 kg	10.5 mL	5 mL	5 mL
19 ki te 20 kg	12 mL	5.5 mL	6 mL
21 ki te 22 kg	13 mL	6.5 mL	6.5 mL
23 ki te 25 kg	14.5 mL	7 mL	7 mL
26 ki te 28 kg	16.5 mL	8 mL	8 mL
29 ki te 32 kg	18 mL	8.5 mL	9 mL
33 ki te 36 kg	20.5 mL	10 mL	10 mL
37 ki te 41 kg	23 mL	11 mL	11.5 mL
42 ki te 60 kg	26 mL	12.5 mL	13 mL
Nui ake i te 60 kg	30 ki te 40 mL	15 ki te 20 mL	15 ki te 20 mL