New Zealand Government

MEDSAFE
NEW ZEALAND MEDICINES AND MEDICAL DEVICES SAFETY AUTHORITY
A BUSINESS UNIT OF THE MINISTRY OF HEALTH
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MINISTRY OF HEALTH
MANATŪ HAUORA

Ngā Ārai Hapū Taiaki me ngā Tetepe Toto

Kua whakaputaina tēnei pukaiti mōhiohio kia nui ake ai tō māramatanga ki ngā painga me ngā mōreareatanga o te whakamahi ārai hapū taiaki. Ehara i te whakakapinga mō te kōrero ki tō tākuta, tapuhi, taka rongoā rānei.

Ko te mōrearea e tino mōhiotia ana ka pā ki te wahine nā te whakamahi ārai hapū taiaki ko te pā mai o te tetepe toto.

He aha tēnei mea te tetepe toto?

He urupare noa te tetepe toto ki tētahi motu, ā, ko tāna he āwhina ki te aukati i te rere o te toto. Heoi anō, i ētahi wā ka tupu he tetepe toto i roto i te tinana, ko te tikanga i roto i ngā ia auraki o te waewae. E kīia ana tēnei te mate tetepe o te toto ia auraki (te deep vein thrombosis, te DVT rānei), ā, ka taea te ia auraki te kati.

Me uaua kē ka wehe atu he maramara o te tetepe me te haere atu ki roto i ngā pūkahukahu. E kīia ana te tetepe i roto i ngā pūkahukahu ko te puru pūkahukahu (pulmonary embolism).

E mōhio ngātahitia ana te mate tetepe o te toto ia auraki me te puru pūkahukahu hei puru tetepe ia auraki (venous thromboembolism, VTE rānei).

Ko wai ka pāngia ki te tetepe toto?

Ka pāngia pea te katoa ki te tetepe toto. Ka pā mai i roto i te rua o ia wāhine hauora 10,000 kāore i te hapū, kāore hoki e whakamahi ārai hapū taiaki ana, he tetepe toto ia tau.

Ka hia ngā pānga mai o ngā tetepe toto mēnā kei te whakamahi ārai hapū taiaki te wahine?

Me tino uaua kē ka pai mai he tetepe toto i roto i ngā wāhine e whakamahi ārai hapū taiaki ana.

He nui ake te mōrearea i roto i te tau tuatahi e whakamahi ārai hapū taiaki ana. Kei te āhua o te momo ārai hapū taiaki. Heoi, me mahara tonu, me āta whai whakaaro ngā painga me ngā mōreareatanga katoa ina whakatau he aha te ārai hapū tino pai rawa māu, ā, me kōrero tēnei e kōrua ko tō tākuta.

Ngā ārai hapū taiaki tōpū

Kei roto i ngā ārai hapū taiaki tōpū he pītaunoni (oestrogen) me tētahi taiaki pūtaiaki (progestogen). E wātea ana ēnei hei:

- pire ārai hapū tōpū (e mōhiotia ana hei COC, hei 'te pire' rānei)
- mōwhiti mō te taiawa wahine.

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Te mōreareatanga o te pā mai o te tetepe toto mēnā ka whakamahia ngā ārai hapū taiaki

	Ngā taiaki	Ētahi tauira o ngā momo e wātea ana	Mōreareatanga o te pā mai o te tetepe toto (VTE) i te tau
Ngā pire ārai hapū me te iti o te pītaunoni (oestrogen)	ethinylestradiol + levonorgestrel	Ava 20 ED, Ava 30 ED	Tata ki te 5–7 o te 10,000 wāhine
	ethinylestradiol + norethisterone	Brevinor, Norimin	Tata ki te 5–7 o te 10,000 wāhine
	ethinylestradiol + desogestrel	Marvelon, Mercilon	Tata ki te 9-12 o te 10,000 wāhine
	ethinylestradiol + drospirenone	Yasmin, Yaz	Tata ki te 9-12 o te 10,000 wāhine
	ethinylestradiol + cyproterone	Ginet, Diane	Tata ki te 9-12 o te 10,000 wāhine
	estradiol + nomegestrol	Zoely	Kāore i te mōhiotia
	estradiol + dienogest	Qlaira	Kāore i te mōhiotia
Ngā pire ārai hapū me te nui o te pītaunoni (oestrogen)	ethinylestradiol + levonorgestrel	Microgynon 50 ED	Tata ki te 9-12 o te 10,000 wāhine
Mōwhiti ārai hapū mō te taiawa wahine	ethinylestradiol + etonogestrel	NuvaRing	Tata ki te 6-12 o te 10,000 wāhine

Ngā ārai hapū whai taiaki pūtaiaki (progestogen) anake

Kāore he pītaunoni (oestrogen) i roto i ngā ārai hapū whai taiaki pūtaiaki (progestogen) anake. E wātea ana ēnei hei:

- pire (e mōhiotia ana hoki hei 'mini-pill')
- werohanga
- whakatōnga
- pūrere mō roto i te whare tangata.

Ko te āhua nei kāore e pāhonotia te kai i ngā pire ārai hapū whai taiaki pūtaiaki (progestogen) anake ki te mōreareatanga nui ake o te pānga mai o te tetepe toto. He mōreareatanga tō te rua ki te rima wāhine o roto i te 10,000 ia tau e whakamahi ana i ngā ārai hapū whai taiaki pūtaiaki (progestogen) anake ka pāngia rātou ki te tetepe toto.

Mā te aha atu e piki ai te pānga o tetepe toto?

Mā enei e piki ai te pānga o te tetepe toto:

- te taumaha rawa o te tinana
- te pakeke (nui ake i te 35 tau te pakeke)
- te whai huānga ka pāngia ki te tetepe toto i mua (iranga)
- te momi hikareti
- te whakawhānau
- te hapūtanga
- te noho whakaroau, tae atu ki te noho mō te roanga o tētahi rerenga roa, me te kore e taea te nekeneke i muri i tētahi wharanga, māuiui, pokanga rānei.

E kīia ana hoki ēnei he āhuatanga mōrearea. Mēnā neke atu i te kotahi o aua āhuatanga mōrearea tō te tangata he nui ake te tūponotanga ka pāngia ia ki te tetepe toto. Me kōrero ki tō tākuta mēnā ka pā tētahi, ētahi rānei o aua āhuatanga mōrearea ki a koe i mua i tō tīmata ki te whakamahi ārai hapū taiaki.

He aha ngā tohu o te tetepe toto?

He kōpuku, he pāwera me te mamae ngā tohu o te tetepe toto i roto i te waewae. Ka rangona pea te hēmanawa me te mamae kini i te uma i te whanaketanga o te tetepe toto i ngā pūkahukahu. Mēnā ka pā tētahi, ētahi rānei, o aua tohu ki a koe, me waea atu ki te waka tūroro nā te mea me whiwhi wawe atu koe i te maimoatanga.

He aha ngā painga o te whakamahi ārai hapū taiaki?

He 91 ōrau te whaihua o ngā ārai hapū taiaki ki te ārai i te hapūtanga ina whakamahi tikanga noatia ina whakatairitea ki te pūkoro ure, me te whaihua o te 82 ōrau, ina whakamahi tikanga noatia.

Ko ētahi atu painga ko te mate wahine māmā ake, me te whakapainga ake o ngā tohu o te mate i mua tonu i te mate wahine (premenstrual syndrome, PMS rānei), o te tūtakarerewa i mua tonu i te mate wahine (premenstrual tension, PMT rānei). Kua whakaaturia ka whakaitihia te mōrearea o te pāngia ki te mate pukapuka o te whare tangata me ngā wharekano mā te whakamahi i ngā ārai hapū taiaki tōpū.

Ka kitea he mōhiohio anō mō te whakamahi ārai hapū taiaki tōpū i hea?

Ka kitea he mōhiohio anō i te wāhanga mōhiohio rongoā kiritaki o te paetukutuku Medsafe: www.medsafe.govt.nz/consumers/cmi/CMIForm.asp

Mēnā he pātai anō āu, kōrero ki tō tākuta, tapuhi, taka rongoā, whare FamilyPlanning rānei.

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Hereturikōkā 2014 HP 5950