



# Take whakarato: ngā kaha katoa o te wē morphine (RA-Morph)

(Whakahua 'mor-feen')

Whakamahia ai te wē morphine mō ngā mamae hārukiruki. Atu i Māehe 2024, ka taupua te whakatārewa i te wāteatanga o ngā kaha katoa (1 mg, 2 mg, 5 mg me te 10 mg i te 1 mL) o te wē morphine (RA-Morph). E whiwhi tonu ai koe i te whakamaurutanga mamae, ka whakaratoa kē ko te **Wockhardt morphine**, te **mehanga ā-waha Oramorph** rānei. Ko te kaha o ēnei rongoā he **2 mg i te 1 mL**.

## He aha te rerekē o ngā wē morphine hou e rua?

He taekore kōatatata, tae noa ki te kōwhai teatea te morphine Wockhardt me te mehanga ā-waha Oramorph. He ōrite tonu te mahi ki ō te RA-Morph, engari e wātea anake ana i te momo kaha o te **2 mg i te 1 mL**. He rerekē hoki te tākaikai.

<p><b>Kāore i te wātea i te wā nei</b></p>	<p><b>HOU:</b> Te morphine Wockhardt me te mehanga ā-waha Oramorph</p> <p><b>Te kaha: 2 mg i te 1 mL</b></p> <p><b>Kia mōhio ake:</b> He 10 mg / 5 mL kei runga i te tapanga o ngā ipu e rua. He ōrite tēnei ki te 2 mg / 1 mL.</p>	
<p><b>Ngā momo kaha katoa o te RA-Morph:</b></p> <p>1 mg i te 1 mL</p> <p>2 mg i te 1 mL</p> <p>5 mg i te 1 mL</p> <p>10 mg i te 1 mL</p>		
	Morphine Wockhardt	mehanga ā-waha Oramorph

Ka hoatuna pea ki a koe te rongoā i roto i te ipu karaehe, ipu kirihou rānei.

## Me whai i te pota kei te tapanga

- Ka rerekē pea te nui o te rongoā ka kainga e koe.
- He mea nui kia pānui koe i te tapanga kei te ipu, me te tiro hoki i ia pota.
- Me kōrero ki tō kaitaka rongoā mō te kaha o te rongoā e kainga ana e koe, ā, me te āhua hoki o te pota hou.



## ! He waiwaihā kei roto i te mehanga ā-waha Oramorph

He ōrite te waiwaihā kei roto i te 5 mL rongoā ki te 10 mL waipiro me te 4 mL wāina. Kāore pea ngā pākeke, ngā rangatahi rānei e pāngia, engari anō pea ngā tamariki nohinohi ake.

Mēnā kei te hapū koe, kei te whāngote, he waranga rānei ki te waipiro, me kōrero ki tō rata, kaitaka rongoā rānei.

**Kāore he waiwaihā o te morphine Wockhardt.**

### Kāore anō kia whakaaetia e Medsafe ngā momo hou

Engari ehara i te mea kāore i te haumarū. Kua whakaaetia kia whakamahia i ētahi atu whenua engari kāore anō kia tutuki te tukanga whakaaetanga a Medsafe i Aotearoa nei.



Me kōrero ki tō rata mō tētahi tūtohu rongoā hou. Ka tonu tō rata i tō whakaaetanga i mua o te tūtohu i ngā momo hou māu.

### Me ine i te rahinga wē tika mō ia pota

- ✓ Me whakamahi i te kapu rongoā, pune rongoā, pūwero rongoā tika rānei. He tohu ritamano (mL) kei runga, hei āwhina i a koe ki te ine i te pota tika.
- ✗ KĀORE ngā pune o te kīhini i te ine tika ki te ine i te rongoā.

## He mōrearea ki te nui rawa te kai morphine

Mēnā ki ōu whakaaro i nui rawa tō kai morphine, me wawe tonu te rapu āwhina hauora. He mōrearea ki tō oranga te kai morphine inati; kei haukotia tō tūngāngā

### Ko ngā tohumate o te kai inati pea ko te:

- hiamoe haere
- hēmanawa
- ka rehu (ka mauri moe).



Mēnā kāore te tangata i te hēhē, kāore rānei i te whakautu i a koe, kei te māharahara rānei koe mō te kai inati i te morphine, me wawe tonu tō rapu āwhina hauora. Me waea atu ki **111** ka tonu i tētahi waka tūrora.

Mō ētahi atu mōhiohio mō te wē morphine, haere ki [www.healthify.nz/morphine](http://www.healthify.nz/morphine)