

Pepa Whakamārama mā te Kaiwhakauru

Te rangahau Cytisine me te ī-hikareti hei whakamutu i te kai paipa

Kaituku pūtea: Te Kaunihera Rangahau Hauora o Aotearoa

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He pōhiri tēnei ki a koe kia whai wāhi mai ki tētahi rangahau e whakamātautau ana i ngā maimoatanga rerekē e rua hei āwhina i te tangata kia mutu te kai tupeka. Ko tētahi maimoatanga ko tētahi rongoā ko cytisine (ko te whakahua ko ci/ta/zeen) te ingoa, ā, ko tētahi atu ko tētahi ī-hikareti paratupeka (ka kīia i ētahi wā ko 'he vape').

Ka āwhina tēnei Puka Mōhiohio Kaiwhakauru i a koe ki te whiriwhiri mēnā ka hiahia koe ki te whakauru ki tēnei rangahau. He whakamārama i te take he aha e mahia ai e mātou te rangahau, he aha kei roto mēnā ka whakauru mai koe, he aha pea ngā painga me ngā mōrea ki a koe, ā, ka aha i muri i te mutunga o te rangahau.

Ehara i te mea me whakatau koe i tēnei rā mō te whakauru ki tēnei rangahau, kāore rānei. I mua i tō whakatau me kōrero pea koe ki ētahi atu mō te rangahau, pērā i te whānau, ngā hoa, ngā kaiwhakarato hauora rānei. E whakahautia ana koe ki te mahi i tēnei.

Mēnā ka whakaae koe kia whai wāhi mai koe ki tēnei rangahau, ka tonoa koe ki te tuku whakaae mā tētahi Puka Whakaae tuihono. Ka imērahia atu he kape ki a koe o tēnei Pepa Mōhiohio mā te Kaiwhakauru me te Puka Whakaae māu anō (ka tukuna atu he kape o ēnei e rua i roto i te mōkī karere o te maimoatanga ka whiwhi koe).

16 whārangi te roa o tēnei tuhinga. Me āta whakarite kua pānui koe i ngā whārangi katoa, kei te mārara hoki ēnei ki a koe.

TE WHAI WĀHI HEREKORE MAI ME TE WEHE MAI I TE RANGAHAU

Kei a koe te tikanga ki te whakauru mai ki tēnei rangahau, kāore rānei. Ki te kore koe e hiahia ki te uru mai, ehara i te mea me whakamārama atu e koe, ā, kāore he pānga ki ngā manaakitanga e whiwhi ana koe. Mēnā kei te hiahia koe ki te whakauru mai i tēnei wā, engari ka huri ō whakaaro ā muri ake, ka taea te wehe mai i te rangahau ahakoa te wā.

HE AHA TE KAUPAPA O TĒNEI RANGAHAU?

Ko te kaupapa o tēnei rangahau he rapu tikanga pai ake hei tautoko i te tangata kia mutu te kai paipa. E rapu anō ana mātou mēnā he whitake ake te cytisine mō te āwhina i te tangata kia mutu te kai paipa ina whakamahia ko tērā anake, ka whakamahia rānei me ngā ī-hikareti. E rapu anō ana mātau mēnā he whitake ake ngā ī-hikareti mō te āwhina i te tangata kia mutu te kai paipa ina whakamahia ko tērā anake, ka whakamahia rānei me te cytisine.

He aha te cytisine? He matū te cytisine ka kitea i roto i ētahi tipu, pērā anō i te paratupeka ka kitea i roto i ngā rau tupeka. Pērā anō i te paratupeka, ka taea e te cytisine te pēhi ngā whakaaro maunuwara ina mutu te kai paipa a te tangata; engari ko te rerekē ki te paratupeka, ka whakaiti i te āhuareka ka pā ki te tangata i te kai paipa. Mā ēnei mahi ka māmā ake mō te tangata ki te whakamutu i te kai paipa. Kāore anō kia whakaaetia, kia rēhita rānei te cytisine hei rongoā i Aotearoa, nō reira kāore e taea e koe te whiwhi cytisine mai i tētahi rata, kaitaka rongoā rānei. Kua whiwhi whakaae mātau mai i a Medsafe (te mana haumaruru rongoā o Aotearoa) hei whakamahi i te cytisine i roto i tēnei rangahau. Ka āwhina ngā mōhiohio mai i tēnei rangahau i a Medsafe ki te whakatau mēnā me wātea mai te cytisine i Aotearoa. He momo rongoā ōrite te cytisine ki te varenicline (Champix). He rite te āhua o ngā pire cytisine ki tēnei:



He aha te ī-hikareti? He pūrere tāhiko te ī-hikareti e taea ai e te kaiwhakamahi te whakangā paratupeka mā te rehuwai, engari kāore ōna matū kino pērā i ērā kei roto i te auahi tupeka. Ko te rerekē ki ngā hikareti, kāore e tahuna e ngā ī-hikareti te tupeka. Engari, he wē kei roto me te paratupeka, wai, propylene glycol (he matū kai tāoke-kore, e whakamahia ana hoki i rō ngongō huangō), nonireka rānei (hinu huawhenua), me ngā pūkara. Ina whakamahanatia te wē e te pūrere ī-hikareti ka huri hei kohu e rite ana ki te auahi. Ka taea te whakangā te tākohu. He rite te āhua o te ī-hikareti ki tēnei:

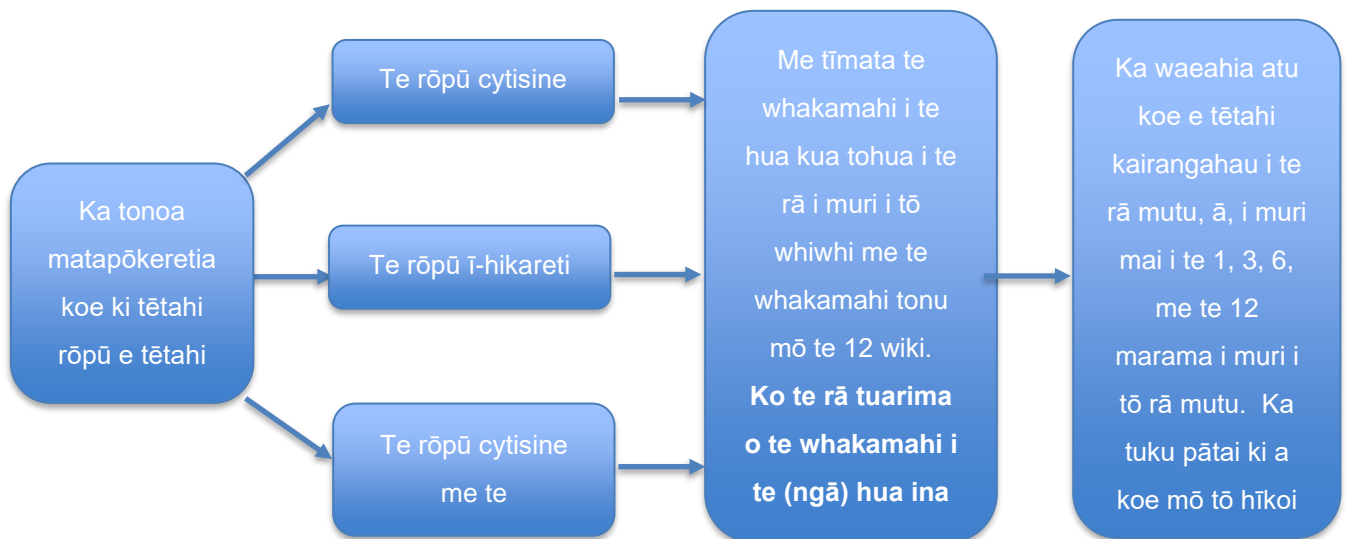


HE PĒHEA TE HANGA O TE RANGAHAU?

Ka whakamahia e te rangahau te hoahoa whakamātautau matapōkere. Kei roto i tēnei hoahoa ko te tono matapōkere (pērā i te huri i te kapa) i te 800 tāngata ki tētahi o ngā rōpū e toru. Mā te matapōkeretanga **kāore e taea e koe te kōwhiri te rōpū e hiahia ana koe, ā, tē taea te huri rōpū.** Ko ngā rōpū:

- **Rōpū cytisine:** 300 ngā tāngata e hiahiatia ana mō tēnei rōpū. Mēnā kei roto koe i tēnei rōpū, ka whiwhi koe i te rahinga pire cytisine mō te 12 wiki. Ka auau anō tō whiwhi i ngā karere patowaea hei tautoko i a koe i tō ara ki te whakamutu.
- **Rōpū ī-hikareti:** 200 ngā tāngata e hiahiatia ana mō tēnei rōpū. Mēnā kei roto koe i tēnei rōpū, ka whiwhi koe i tētahi ī-hikareti me te rahinga paratupeka mō te 12 wiki. He pūrere momo puoto te ī-hikareti. Ka auau anō tō whiwhi i ngā karere patowaea hei tautoko i a koe i tō ara ki te whakamutu.
- **Te rōpū cytisine me te ī-hikareti:** 300 ngā tāngata e hiahiatia ana mō tēnei rōpū. Mēnā kei roto koe i tēnei rōpū, ka whiwhi koe i tētahi rahinga pire cytisine me tētahi ī-hikareti whai paratupeka mō te 12 wiki. Ka auau anō tō whiwhi i ngā karere patowaea hei tautoko i a koe i tō ara ki te whakamutu.

I muri i tō tono ki tētahi rōpū, ka tukuna atu ngā hua ki a koe mā runga karere kia whiwhi ai koe i ērā hei āwhina kia mutu ai tō kai paipa. Ka waea atu ngā kairangahau ki a koe i tō rā mutu, ā, i muri i ngā marama e toru, e ono me te 12 ki te kite mēnā kei te whaitake ngā hua ki a koe.



KO WAI KA ĀHEI KI TE WHAKAURU MAI KI TĒNEI RANGAHAU?

Ka āhei koe ki te whakauru ki tēnei whakamātautau mēnā koe:

- He momi tupeka, ā, e hiahia ana koe ki te whakamutu i te wiki e rua e heke nei
- 18 tau, pakeke atu rānei
- He noho i Aotearoa
- Kei te hiahia ki te whakamahi i te cytisine, tētahi ĩ-hikareti rānei, ngā hua e rua rānei hei āwhina i a koe kia mutu tō kai paipa
- Kei te āhei, kei te hiahia ki te tuku whakaae i runga ipurangi kia whakauru mai
- Kei te whai wāhi ki tētahi waea pūkoro ka taea te tuku karere patowaea, me te whai wāhi ki te ipurangi mā tētahi rorohiko, waea atamai rānei

Kāore koe e whai wāhi ki te whakauru ki tēnei whakamātautau mēnā kei a koe tētahi o ēnei:

- Kei roto tētahi atu tangata i tō whare i te rangahau
- Kei te hapū koe, kei te whāngai ū rānei, kei te whai rānei kia hapū koe i ngā marama e toru e heke iho nei.
- I te whakamahi koe i tētahi ĩ-hikareti i ia rā mō te marama kua hipa
- Kei te whakamahi koe i ētahi atu hua paratupeka kore-tupeka, pērā i ngā pāti, pia ngaungau, rare, tōrehu waha, pūkoro, aha atu, aha atu
- Kua rēhita kē koe ki tētahi kaupapa whakamutu i te kai paipa, pērā i a Quitline
- Kei te whakamahi koe i tētahi maimoatanga whakamutu kai paipa kore-tupeka, hei tauira, bupropion (Zyban), nortriptyline (Norpress), varenicline (Champix) rānei.
- He hītori tōu o te mate pāwera kino, te koretake o tō whakahaere huangō hoki/rānei
- I pā mai te manawa-hē ki a koe, te ikura roro, te mamae uma kino rānei i ngā wiki e rua kua hipa

- He āhua hē, kino rānei te raru o ō tākihi (mate tākihi, kua he rānei ngā tākihi)
- Kei te whakamaimoatia koe mō te mate koho kino hohe, moe rānei
- Kāore i te whakahaerehia tō toto pōrutu (> 150 mmHg kakapa, > 100 mmHg okioki)
- He mate hūkiki / mate ruriruri rānei tōu

HE AHA TE ĀHUA O TAKU WHAI WĀHI MAI KI TE RANGAHAU?

Mahi 1: Me tiro mēnā kei te ū koe ki te paearu whakauru mō te rangahau

I muri i te pānui i tēnei pepa whakamārama, ka tonoa koe ki te tuku whakaae tuihono hei whakakī i tētahi uiui poto. Mā te uiui e whakaatu mēnā e āhei ana koe ki te whakauru mai ki te rangahau.

Upane 2: Te tuku whakaae tuihono hei whakauru ki te rangahau

Mēnā e māraurau ana koe ki te rangahau, ā, kei te hiahia tonu koe ki te whakauru mai, ka tonoa anō koe ki te tuku whakaae tuihono - i tēnei wā hei whakauru mai ki te rangahau.

Mahi 3: Te tuku i ētahi mōhiohio paerewa

Ina tuku whakaae koe, ka tonoa koe ki te whakakī i tētahi uiui atu anō, ā, ka kohia ngā mōhiohio mō tō ira tangata, mātāwaka, taumata mātauranga, tō hītori kai paipa me ngā whakamātautau ō mua ki te whakamutu, tō inu waipiro, kai taru rauhea me ngā rongoā, me tō hauora whānui.

Mahi 4: Ka whakaurua matapōkeretia ki tētahi o ngā rōpū e toru: Ina oti te uiui te whakakī ka whakaaturia he pātene 'whakamatapōkere' ki a koe. Mēnā ka pāwhiri koe i te pātene, ka whakamatapōkeretia koe ki tētahi o ngā rōpū maimoatanga e toru. E ai ki te kōrero i mua, ko te tono matapōkere he pērā i te tūponotanga (he rite ki te whiu i te kapa). Tē taea e koe te matapae ko tēhea te rōpū ka uru koe, tē taea e koe te kōwhiri te rōpū e hiahia ana koe, ā, tē taea te huri rōpū ina tohu tō rōpū.

Kātahi ka whakaaturia ngā mōhiohio mō te rōpū ka tonoa koe ki te mata. Ko ngā rōpū:

- **Rōpū cytisine:** Mēnā kei roto koe i tēnei rōpū, ka whiwhi koe i te rahinga pire cytisine mō te 12 wiki.
- **Te rōpū ī-hikareti:** Mēnā kei roto koe i tēnei rōpū, ka whiwhi koe i tētahi ī-hikareti me te rahinga puoto paratupeka mō te 12 wiki.
- **Te rōpū cytisine me te ī-hikareti:** Mēnā kei roto koe i tēnei rōpū, ka whiwhi koe i tētahi rahinga pire cytisine mō te 12 wiki me tētahi ī-hikareti, me te rahinga puoto paratupeka mō te 12 wiki.

Ka rēhita aunoatia ngā tāngata katoa o tēnei rangahau ki tētahi kaupapa karere patowaea koreutu hei tautoko i tā rātau hīkoi whakamutu i te kai paipa. Kei roto i ngā karere patowaea ko ngā kōrero āwhina mō ngā waranga, ngā tohutohu mō te ārai i ngā pūtake kai paipa, me ngā tautoko whakahihiri. Ka hāngai ngā karere ki ia tangata. Ka whiwhi koe i ngā karere mō te ono marama. E whā ngā karere ka whiwhi koe i te rā mō te kotahi wiki, e toru ngā karere i te rā mō ngā wiki e toru whai ake, ā, kotahi te karere i te rā, iti iho rānei mō te roanga atu o te ono marama. Ehara i te mea me urupare koe ki tētahi o ngā karere, ā, ka āhei koe ki te puta atu i ngā karere ahakoa te wā mā te tuku karere patowaea i te 'STOP'.

Mahi 5: Te whiwhi i ō hua: I muri i te tono i a koe ki tētahi rōpū (cytisine, ngā ī-hikareti rānei, te cytisine me te ī-hikareti rānei), ka tukuna ngā maimoatanga rangahau i tonoa ki a koe mā runga karere ki tō wāhi noho (hei tauira, tō kāinga, wāhi mahi rānei). Me whakaatu e koe tō ID ki te karere hei whiwhi i te mōkī i tō wāhi noho. Ka tīmata te kaupapa karere patowaea i te whā rā i muri i te tukutanga atu o tō mōkī.

Mahi 6: Mō āhea mutu ai te kai paipa: Me tīmata te whakamahi i te hua, ngā hua rānei i tonoa ki a koe, i te rā i muri mai i tō whiwhi i ērā. Me pānui me te whai i ngā tohutohu kei runga i ngā hua kia mārama ai koe me pēhea te whakamahi tika. Ka taea e koe te kai paipa tonu mēnā e hiahia ana koe i a koe e whakamahi ana i te hua, engari i te **RĀ RIMA (tō 'rā mutu')** o te whakamahi i te hua e hiahiatia ana koe ki te whakamutu i te kai paipa. Me whakamahi tonu koe i tō hua rangahau. Ka nui ake te tūponotanga o tō whakamutu i te kai paipa mēnā ka whai koe i ēnei tohutohu me te whakamahi tonu i ō hua mō te 12 wiki. **Mēnā ka raru koe, ka kai paipa anō rānei koe, kua e whakamutu te kai i ngā hua i tukuna ki a koe. Me whakamahi tonu i ērā hei āwhina i a koe ki te pare atu i te tupeka.**

Mahi 7: Ngā waea whaiwhai ake: Ka waeahia koe e tētahi kairangahau i tō rā mutu (tata atu rānei), ā, i te kotahi, toru, ono marama rānei i muri i tō rā mutu. I ia waeatanga ka pātai te kairangahau ki a koe mō tō whakamahi i ngā hua i tukuna e mātau ki a koe, mēnā i pai ki a koe te whakamahi, ā, mēnā kei te kai paipa koe. Ehara i te mea kei te tika, kei te hē rānei ngā whakautu ki ēnei pātai, engari he mea nui kia pono ō whakautu. Ehara i te mea me whakautu e koe ngā pātai katoa, ā, ka āhei koe ki te whakamutu i te waea (uiui) ahakoa te wā.

He tata ki te 10 ki te 25 meneti mō ia uiui. Ka pātaitia pea koe mēnā kei te pai ki a koe kia noho mai anō tētahi kairangahau tuarua ki ēnei waea whaiwhai ake mō ngā kaupapa whakangungu. E rua ngā tāngata i roto i te toru e whai wāhi ana ki te rangahau ka waeahia atu i te 12 marama ā muri i tō rā mutu, ā, ka tukuna aua pātai anō.

Mahi 8: Tō hauora i roto i te rangahau: Ina waea atu tētahi kairangahau ki a koe ka pātai anō ki a koe mēnā kua kite anō koe i ngā rerekētanga ki tō hauora, ngā tohumate hou rānei, ētahi atu pānga hauora rānei. Mēnā he wahine koe, ā, kei raro i te 60 tau, ka pātaitia koe mēnā kei te hapū koe, kei te whāngai ū rānei. Ka tukuna anō e mātau he karere patowaea ki a koe hei whakamahara i a koe mēnā kei te māuiui koe me whakamahi koe i te 'rātaka rangahau tuihono' hei hopu kei te pēhea koe. Ka tukuna ngā karere patowaea i ia rā mō te wiki kotahi tuatahi, ā, i ia wiki mō te 13 wiki whai ake. Ka taea anō e koe te waea mai ahakoa te wā ki tēnei waea koreutu (0800 367 644) mēnā he māharahara hauora kōhukihuki ōu, me whakapā atu rānei ki tō rata, kaitaka rongoā hoki/rānei. Mēnā e hiahia ana koe ka taea e koe te pūrongo ngā pānga kino mā te New Zealand Pharmacovigilance Centre (i runga ipurangi i <https://nzphvc.otago.ac.nz/>, i runga waea rānei i 03 479- 7185). Mēnā ka tukuna he pūrere rehotupeka ki a koe i roto i te whakamātautau, ā, ka hiahia koe ki te pūrongo i tētahi pānga kino mā te paetukutuku i runga ake kei reira tētahi pouaka hei tohu i runga i te puka rehotupeka hei kī atu kei roto koe i te rangahau Cess@Tion. Kātahi ka tuku pūrongo te Pokapū mō ngā pānga kino ki a mātau (mēnā ka tuku whakaae koe kia pērā mā tēnei pae).

Mahi 9: Mēnā ka mutu te kai paipa: Mēnā ka kī mai koe ki a mātau i te waea whaiwhai ake o te ono marama kāore koe i te kai paipa, me tūtaki ā-tinana mātau (tētahi kaiwhakarato ā-hapori whakamutu i te kai paipa rānei). I tēnei hui, ka tangohia he tīpako o tō hā i a koe ka whakahā mai mā tētahi pūrere ine haukino. Ka whakaatu tēnei whakamātautau i te whaitake i tō tinana mō te whakawātea i te auahi tupeka mai i tō tinana. He nui ake te matū i roto i te hunga kai paipa e kīia ana ko te haukino i ō rātau hā tēnā i te hunga auahi-kore. Mēnā kei waho koe o Tāmaki Makaurau e noho ana, ka tono whakaae mātou i a koe ki te tuku i ō taipitopito whakapā ki te ratonga whakamutu kai paipa o tō rohe kia pai ai tā rātau pānui i tō CO. Mēnā ka whakaae ā-waha koe, ka hopukia e mātou te wāhanga o te kōrero ā-waea e tuku whakaae ana koe. Mā kōrua ko te ratonga tuku i tō whakamātautau CO e whakatau i te wā me te wāhi o te hui. I te wā toronga, ahakoa kei Tāmaki Makaurau koe e noho ana, kei wāhi kē rānei, ka tukuna e mātou he puka whakaae ā-whakaahua ki a koe hei whakakī. Ka pātaihia koe mēnā e whakaae ana koe kia whakaahuatia tō pānuitanga CO me tētahi āhukatanga whakaatu i roto hei whakaū nāu te pānuitanga. Ko tētahi āhukatanga whakaatu pea ko tō whakaahua, tō kāri tuakiri, tō pouakamēra, tō hū rānei i te taha o tō pānuitanga CO.



Kāore e mamae, e whara i rānei tēnei whakamātautau 'hā', ā, ka oti i roto i te toru meneti. Ko te mahi he whakahā ki tētahi mīhini paku, ā-ringa (pērā i tērā kei te pikitia). Ka wawe tonu te puta mai o tētahi pānui mai i te mīhini. Kāore e rokirokitia he tīpako hā.

Mēnā he Māori koe, ka whakahē pea ētahi iwi ki tēnei ine hā nā te whakaaronui ki te whakapapa. Ka kī atu pea tō iwi ki a koe kia kōrero atu ki a rātau i mua i te whakauru ki te rangahau. Ka hiahia pea koe ki te kōrero mō tō whakaurunga mai ki te rangahau ki tō whānau me te whakamōhio atu ki a rātau mēnā ka whakatau koe ki te whakauru mai.

E whakaatu ana tēnei tūtohi ka aha i ia wāhi whakapā i roto i te rangahau.

Wāhi whakapā	Tuihono	Waeatanga	Waeatanga	Waeatanga	Waeatanga	Waeatanga
Wāhanga	Tātari, rangahau paerewa, me te matapōkere	Tō rā whakamutu te rā (rā 5)	Kotahi marama i muri i tō rā mutu	Toru marama i muri i tō rā mutu	Ono marama i muri i tō rā mutu	Tekau mā rua marama i muri i tō rā mutu
Wā hei whakaoti	20-30 ngā meneti	10-15 ngā meneti	10-15 ngā meneti	20-25 ngā meneti	20-25 ngā meneti	20-25 ngā meneti
Me tiro mēnā kei te ū koe ki te paearu mō te whakauru ki te rangahau	Āe					
Kua whiwhi i te whakaae tuihono hei whakauru ki te rangahau.	Āe					
Ngā pātai mō tō ira tangata, mātāwaka, taumata o te mātauranga, hitori kai paipa, ngā whakamātau whakamutu o mua, inu waipiro, whakamahi rongoā noa, me tō hauora.	Āe					
Ngā pātai ka uia mō tō whakamātau ki te whakamutu, ngā pānga kino mai i te maimoatanga, te whakamahi i te maimoatanga, mēnā i pai ki a koe te maimoatanga, whakamahi rongoā noa, me tō hauora.		Āe	Āe	Āe	Āe	Āe
Ka inea tō hā ki waho					Kanohi ki te kanohi mēnā i mutu tō kai paipa	

HE AHA RĀ PEA NGĀ MŌREAREA O TĒNEI RANGAHAU?

Ngā mōrea o te whakamutu i te kai paipa: Ina whakaitia e koe te maha o ngā hikareti ka kainga e koe, ka whakamutu rānei te kai paipa, ka iti iho tō kai paratupeka. Ko te paratupeka te matū matua i roto i ngā hikareti e warawara ai te tupeka. Ka pā mai pea ngā tohumate maunuwara paratupeka ki a koe, hei tauira, ka kakare, anipā, 'pōuri' tō āhua, ka korohiko tō moe. Ka pā noa mai ēnei āhua ina mutu te kai paipa a te tangata, ā, ka kore haere i roto i te wā. Ko ngā hua e tiro tirohia ana e mātau i roto i tēnei rangahau ko te tikanga ka āwhina ki te whakaiti iho i ēnei āhua auhi.

Ka whakaterere ake ngā matū i roto i te auahi tupeka i te tukatuka a te tinana i ētahi rongoā, tae atu ki ngā rongoā ka whakamahia mō te whakahaere i te mate hinengaro. Ina mutu te kai paipa a te tangata, ka piki pea ngā taumata o ēnei rongoā i roto i te tinana, ā, me whakaiti pea te potanga e

tōna rata. Nā tēnei, ka tono mātau ki a koe kia āhei mātau ki te whakamōhio atu ki tō rata kei roto koe i te rangahau.

Ngā mōrea o te whakamahi i te cytisine: Ka pā mai pea he auhi i ngā rongoā whakamutu i te kai paipa me te pā mai o ngā pānga kino ki ētahi tāngata. Anei ētahi pānga kino e mōhiotia ana i te whakamahi i te cytisine:

- Ānini māhunga: tata ki te 3 i roto ia 10 tāngata
- Whakapai ruaki (ka hiahia pea koe ki te ruaki) mō ngā tāngata e 2 i roto i te 10
- Ka raruraru tō moe (mate ohoroa): tata ki te 1 i roto i te 10

Ka hipa ēnei pānga kino i roto i te kotahi wiki mai i te pānga mai i te nuinga o te wā. Ka taea pea te whakaiti te whakapai ruaki mā te kai i mua i te kai cytisine. Me mātua whakarite ka waiho te cytisine ki tētahi wāhi kāore e taea e ngā tamariki me ngā kararehe.

Ngā mōrea i te whakamahi ī-hikareti paratupeka: He haumarua ake te whakamahi ī-hikareti paratupeka i te kai paipa haere tonu. Anei ētahi pānga kino e mōhiotia ana i te whakamahi i ngā ī-hikareti paratupeka:

- Māngeonge te waha me te korokoro: 1-3 o ia 10 tāngata
- Maremare maroke: 1-3 o ia 10 tāngata
- Ānini māhunga: tata ki te 1 i roto ia 10 tāngata
- Whakapai ruaki (ka hiahia pea koe ki te ruaki) mō ngā tāngata 1-3 i roto i te 10

Ka hipa ēnei pānga kino i roto i te kotahi wiki i te nuinga o te wā. Mēnā kei te whakamahi koe i te ī-hikareti, ā, ka pā mai te whakapai ruaki, me whakamātau kia whakaitia te maha o ngā wā e whakamahia e koe te ī-hikareti. Me mātua whakarite ka waiho te ī-hikareti me ngā puoto ki tētahi wāhi kāore e taea e ngā tamariki me ngā kararehe.

Ngā mōrea tē mōhiotia: Kāore i te mōhiotia ngā mōrea e pā ana ki te kai rehitupeka wā roa. Ahakoa he iti iho te kino o te rehitupeka i te kai paipa ehara i te mea kāore he kino i roto. Ko te tūmanako, ko te hunga kei te kai rehitupeka kia mutu ai te kai paipa me mutu anō te kai rehitupeka.

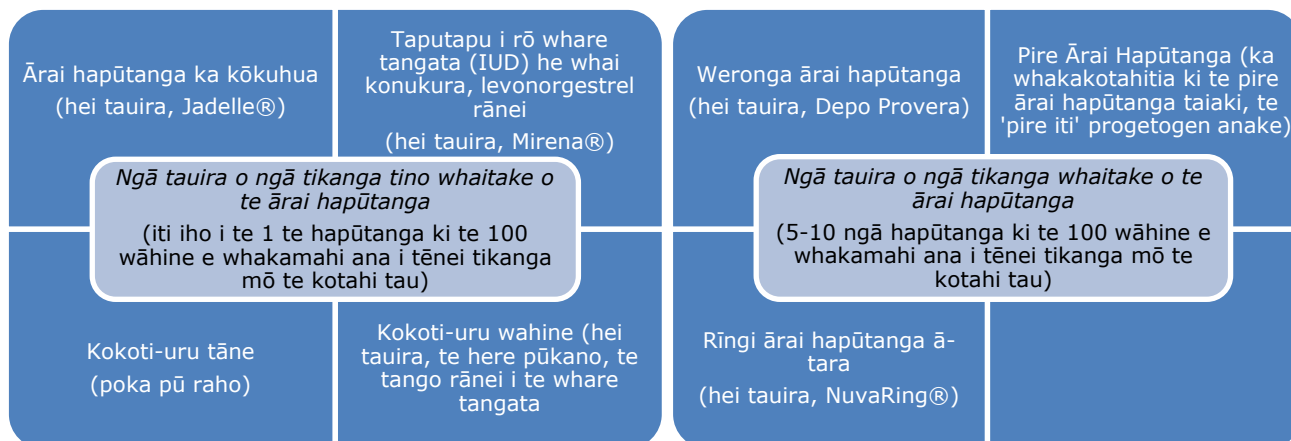
Ina whakamahi ana i ngā hua o te rangahau, ka pā mai pea ngā pānga kino kāore anō kia kitea e mātau. Ki te pēnei, ka māuiui hoki/rānei koe i roto i te whakamātautau me whakapā atu ki tō rata, kaitaka rongoā hoki/rānei. Me waea atu koe ki te rōpū rangahau (waea koreutu: 0800 367 644) ki te pūrongo i ngā tohumate kua pā mai, ā, ka kōrero atu tētahi o ngā rata rangahau ki a koe mēnā e hiahia ana. Ka tono whakaae mātau i a koe hei whakamōhio atu ki tō rata mēnā ka pā mai he pānga kino ki a koe, i te mea ka taea e rātau koe te tautoko. Ina kite koe i tō rata, kaitaka rongoā rānei he mea nui te whakamōhio atu ki a ia kua whakauru mai koe ki tēnei rangahau. Otirā he mea

nui hoki kia whakamōhio atu ki a ia mēnā kei te hiahia ia ki te tuku i ētahi atu rongoā ki a koe. Ko te take he whakarite kāore e tukuna e ia he rongoā kāore i te pai mēnā ka whakamahia i te taha o ngā hua o te rangahau e kainga ana e koe.

Mēnā he māharahara ōu, ō tō rata, kaitaka rongoā rānei, me waea atu koe/ia ki te kaiwhakahaere rangahau (waea koreutu: 0800 367 644). Mēnā ka wātea mai he mōhiohio hōu o ngā hua o te rangahau i te wā o te rangahau, ā, ka whai pānga pea ki tō hauora, ka wawe te whakamōhio atu ki a koe mō tēnei.

Ngā mōrea o te hapūtanga: He haumarua te hua ī-hikareti paratupeka hei whakamahi i te wā e hapū ana, e whāngai ū hoki/rānei, tēnā i te kai paipa tonu. Kāore tonu i te mōhiohia ngā pānga o te cytisine i te wā e hapū ana me te whāngai ū, i te mea kāore anō kia whakahaerehia he rangahau mō te hapūtanga, te whāngai ū rānei. I te mea kāore i te mōhiohia te mōrea **mēnā kei te hapū koe, kei te whāngai ū rānei, kei te whai rānei kia hapū koe i ngā marama e toru e whai ake, kāore koe e āhei ki te whakauru mai ki tēnei rangahau.**

Mēnā ka tukuna he cytisine ki a koe, ka mutu kei te ai koe, ā, ka taea te whakaira uri (ka taea te whakawhānau tamariki), he mea nui kia kua koe e hapū i roto i tēnei rangahau. Me mātua whakamahi koe i tētahi o ngā tikanga o te ārai hapūtanga e whakaaturia ana i raro, mai i te kotahi wiki i te iti rawa i mua i te kai i tō pire cytisine tuatahi tae noa ki te kotahi wiki i te iti rawa i muri i te kai i tō pire cytisine whakamutunga.



Kia mōhio mai ehara ngā tikanga pākati o te ārai hapūtanga (pērā i te whakamahi i tētahi pūkoro ure, pātūpoho/potae wahine) i te tikanga whaitake o te ārai hapūtanga.

Mēnā ka hapū koe, ka tīmata rānei koe ki te whāngai ū i te wā o te rangahau, me wawe tonu te whakamōhio atu ki te rōpū rangahau mā te waea atu ki 0800 367 644. Ka kōrero

atu mātau ki a koe mēnā me mutu mai koe i te rangahau, kāore rānei. Mēnā ka hapū koe ka pātai mātau kia whakaae koe ki a mātau ki te waea atu ki a koe i ia marama ki te tiroiro i tō hapūtanga kia whānau mai tō tamaiti, ā, kua eke ia ki te toru marama te pakeke.

HE AHA NGĀ PAINGA KA PUTA PEA I TĒNEI RANGAHAU?

- Ka āwhina pea ngā hua whakamātautau i a koe kia tū pakari i te pānga mai o te maunuwara ki te paratupeka, me te whakamutu i te kai paipa.
- Mēnā ka mutu te kai paipa ka pai haere ake tō hauora, ā, ka heke haere ngā raruraru hauora kino ā tōna wā.
- Mā te whakamutu i te kai paipa ka pai te hauora o tō whānau kei tō taha.
- Mā te whakauru ki tēnei rangahau, kei te āwhina koe i ngā tāngata ā tōna wā ka hiahia ki te whakamutu i te kai paipa.

HE AHA ĒTAHI ATU ARA I TUA ATU I TE WHAKAURU MAI?

Mēnā ka kōwhiri koe kia kua e whakauru mai ki tēnei rangahau, e whakarato ana a [Quitline](#) me [ngā kaiwhakarato whakamutu i te kai paipa ā-hapori](#) puta noa i Aotearoa ngā tautoko whakamutu i te kai paipa e hāngai ana ki ngā tikanga ā-ahurea mō te koreutu. Ka taea anō e koe te haere ki tō rata, kaitaka rongoā, hokomaha hoki/rānei hei toro i ngā rongoā whakamutu i te kai paipa, pērā i te haumanu whakakapi paratupeka (NRT), varenicline (Champix) hoki/rānei. Ka taea ngā ī-hikareti te hoko mai i ngā toa rehupeka puta noa i Aotearoa.

KA WHAKAHOKIA MAI NGĀ UTU?

Kāo. Kāore koe e utua e mātau mō tō wā me tō whakauru mai ki te rangahau. Engari, ka tukuna te cytisine me ngā ī-hikareti ki a koe mō te koreutu, ā, ka tukuna ki tō kūaha mō te koreutu. I te mutunga o te rangahau, me whakahoki e koe ngā hua kāore e whakamahia ki tō kaitaka rongoā tūtata.

KA AHA MĒNĀ KA PĀ MAI HE RARURARU?

Mēnā ka whara koe i roto i tēnei rangahau, ka āhei koe ki **te tono** mō te kapeneheihana mai i ACC, he rite tonu mēnā i whara koe i te mahi, i te kāinga rānei. Ehara i te mea ka whakaae noatia ō kerēme. Me tuku e koe he kerēme ki a ACC, ā, ka pau tētahi wā ki te aromātai. Ki te whakaaetia tō kerēme, ka whiwhi pūtea koe hei āwhina i a ia kia whakamāui ake.

Mēnā he rīanga hauora tūmataiti, rīanga mataora rānei tāu, me kōrero atu pea koe ki tō kaiinihua kia mōhio ai mēnā he pānga i tō whai wāhi mai ki tō rīanga.

KA AHATIA AKU MŌHIOHIO?

I tēnei rangahau ka hopukia e ngā kairangahau ngā mōhiohio mōu me tō whakauru mai, tae atu ki ngā mōhiohio ka tukuna e koe ki te paetukutuku rangahau, me ngā mōhiohio ka kohia mai i ngā waea whaiwhai ake. Mēnā e hiahiatia ana, ka kohia anōtia ngā mōhiohio mai i ō pūkete hōhipera me tō rata mēnā ka pā mai he pānga kino mai i ngā hua o te rangahau. Kāore koe e āhei ki te whakauru mai ki tēnei rangahau mēnā kāore koe i te whakaae kia kohia ēnei mōhiohio.

Ngā Mōhiohio e Mōhiohia Ai te Tangata:

Ko ngā mōhiohio e mōhiohia ai te tangata ko aua mōhiohio e mōhiohia ai koe (hei tauria, tō ingoa, rā whānau, wāhi noho rānei). Ka whai wāhi pea ngā rōpū e whai ake ki ngā mōhiohio e mōhiohia ai koe:

- Ngā kaimahi o te rangahau i roto i ā rātau mahi mō te whakaoti i ngā aromatawai rangahau.
- Te kaitirohoro i te rangahau, hei whakarite kei te tika te whakahaere i te rangahau, ā, kei te tika ngā raraunga i kohia.
- Te kaitautoko me ana māngai mēnā ka tukuna e koe he kerēme kapeneheihana mō te wharanga i roto i te rangahau. E hiahiatia ana ngā mōhiohio hei aromatawai i tō kerēme.
- Te kaitautoko, ngā komiti matatika, ngā tari kāwanatanga rānei mai i Aotearoa, i tāwāhi rānei, mēnā ka ōtitahia te rangahau. Ka mahia ngā ōtita hei whakarite kei te tiakina ngā kaiwhakauru, kei te tika te whakahaere i ngā rangahau, ā, kei te tika te kohikohi i ngā raraunga.
- Tōu ake rata, mēnā ka pā he pānga kino ohore mai i ngā maimoatanga o te rangahau he hira pea mō tō hauora. Mā tēnei ka taea ngā whaiwhai ake tōtika te whakarite. Mā tēnei ka taea ngā whaiwhai ake tōtika te whakarite.

Ngā Mōhiohio Kirimuna (Kua Waeheretia):

Hei whakarite ka noho matatapu o mōhiohio whaiaro, ko ngā mōhiohio e mōhiohia ai koe kāore e whakaurua ki tētahi pūrongo ka whakaputaina e te rōpū rangahau. Engari, ka tautuhia koe e tētahi waehera. Ka puritia e te rōpū rangahau he rārangi e hono ana i tō waehera ki tō ingoa kia mōhiohia ai koe mā ō raraunga kua waeheretia mēnā e hiahiatia ana. Ka whakaputaina pea ngā otinga o te rangahau, ka whakatakotohia rānei, engari kua mā tētahi āhuatanga e mōhiohia ai e koe.

Ngā Rangahau Ā Muri Ake E Whakamahia Ana i Ō Mōhiohio:

Ka whakamahia pea ō mōhiohio waehera mō ngā rangahau ā muri ake e pā ana ki te cytisine me ngā ī-hikareti, te whakamutu i te kai paipa rānei. Ka whakahaerehia pea ēnei rangahau ā muri ake i tāwāhi. Kāore koe e whakamōhiohia ina whakahaerehia ngā rangahau ā muri ake e whakamahia ana i ō mōhiohio.

Ka tiria whānuitia pea ō mōhiohio ki ētahi atu kairangahau, i rō pūrongo rānei mō ngā tari ka whakatau mēnā ka whānui ake te wātea mai o te cytosine, ngā ī-hikareti hoki/rānei. Ka tāpirihia anō ō mōhiohio ki ngā mōhiohio mai i ētahi atu rangahau, kia nui ake ngā huinga raraunga. Kāore koe e whiwhi i ngā pūrongo, ētahi atu mōhiohio rānei mō ngā rangahau ka oti mā te whakamahi i ō mōhiohio.

Ka whakamahia pea ō mōhiohio mō ake tonu atu i roto i ngā rangahau o muri mai engari ia mēnā ka tangohia tō whakaae. Engari, ka tino uaua pea, e kore pea e taea te uru ki ō mōhiohio, te tango rānei i tō whakaae kia whakamahia, ina tuaritua ō mōhiohio mō ngā rangahau ā muri ake.

Te Haumarutanga me te Rokiroki i Ō Mōhiohio:

Ka noho ō mōhiohio e mōhiohia ai koe ki Waipapa Taumata Rau i te wā o te rangahau. I muri i te rangahau ka whakawhitia ki tētahi wāhi pūranga haumarua, ā, ka rokiroki mā te tekau tau i te iti rawa, kātahi ka whakakorehia. Ka whakaurua ō mōhiohio kua waeheretia ki ngā puka pūrongo kēhi tāhiko, ā, ka noho haumarua, ki rō rokiroki ā-kapua mō ake tonu atu. Ka ū ngā rokiroki katoa ki ngā aratohu haumarutanga raraunga paetata, ā-ao hoki/rānei.

Ngā Mōrea:

Ahako ka whakapau kaha ki te tiaki i tō tūmataitinga, tē taea te whakapūmau ka noho matatapu ō mōhiohio. Ahako ngā mōhiohio waehera me te kirimuna, e kore e taea te whakaoati kāore koe e tautuhia. He iti noa te mōrea i tēnei wā o te uru atu me te raweke (hei tauira, ka uaua ake mōu ki te whai mahi, te pupuri i te mahi, te inihua hauora rānei) a te tangata engari ka nui haere pea ā tōna wā i te kitenga a te tangata i ngā tikanga hou o te rapa mōhiohio.

Ngā Motika Kia Āhei ki Ō Mōhiohio:

Kei a koe te motika ki te tono kia uru atu ki ō mōhiohio e puritia ana e te rōpū rangahau. Kei a koe anō te motika ki te tono kia whakatikahia ngā mōhiohio i whakahētia e koe. Ka taea e koe te toro ki ētahi atu mōhiohio rangahau i mua o te mutunga o te rangahau, engari ka tangohia pea koe i te rangahau hei tiaki i te pono ā-mātauranga o te rangahau. Mēnā he pātai āu mō te kohinga me te whakamahinga o ngā mōhiohio mōu, me whakapā atu koe ki tētahi o te rōpū rangahau (0800 367 644).

Ngā Motika Tango i Ō Mōhiohio:

Ka āhei koe ki te tango i te whakaaetanga ki te kohi me te whakamahi i ō mōhiohio ahako te wā, mā te whakapā atu ki tētahi o te rōpū rangahau i 0800 367 644. Mēnā ka tangohia e koe tō whakaae, ka mutu tō whai wāhi mai ki te rangahau, ā, ka mutu te kohikohi mōhiohio a te rōpū rangahau mai i a koe. Ko ngā mōhiohio ka kohia tae noa ki tō wehe mai i te rangahau ka whakamahia tonuhia, ā, ka whakaurua ki te rangahau. Hei tiaki tēnei i te kounga o te rangahau.

KA AHA Ā MURI I TE RANGAHAU, MĒNĀ KA HURI RĀNEI ŌKU WHAKAARO?

Mēnā kei te kai paipa tonu koe i te mutunga o tō wā i roto i te rangahau ka tukuna he tautoko whakamutu i te kai paipa koreutu anō ki a koe mai i [Quitline](#), [ngā kaiwhakarato whakamutu i te kai paipa ā-hapori](#) hoki/rānei e hiahia ana koe. Ka whakamōhio atu koe ka āhei atu koe ki ngā rongoā whakamutu i te kai paipa, pērā i te haumanu whakakapi paratupeka (NRT), varenicline (Champix) rānei mā te haere ki tō rata, kaitaka rongoā, ngā hokomaha hoki/rānei. Ka taea ngā ī-hikareti te hoko mai i ngā toa rehotupeka puta noa i Aotearoa.

Mēnā ka whakauru koe ki te rangahau, engari ka huri ō whakaaro ā muri ake mō te whakauru mai, ka āhei koe ki te wehe ahakoa te wā. Me whakamōhio atu ki te kairangahau ina whakapā atu ki a koe mō tētahi waeatanga whaiwhai ake kua whakaritea, imēra rānei ki (cessation@auckland.ac.nz), waea atu rānei ki te rōpū rangahau i (0800 367 644). Ehara i te mea me tuku koe i te pūtake mō te huri i ō whakaaro. Ko ngā mōhiohio ka kohia tae noa ki te wā ka whakamōhio atu koe ki te rōpū kei te hiahia koe ki te wehe mai i te rangahau ka whakamahia tonutia me te whakauru atu ki te rangahau. Hei tiaki tēnei i te kounga o te rangahau.

KA TAEA E AU TE WHIWHI NGĀ OTINGA O TE RANGAHAU?

Ina tutuki katoa ngā kaiwhakauru i te rangahau, ka tātarihia ngā mōhiohio, ā, ka whakaputaina. I te wā tōmua rawa, ka wātea mai ngā rangahau hei te 3 tau me te hāwhe i muri i te tīmatanga o te tangata tuatahi i roto i te rangahau. Ka tukuna atu e mātau he whakarāpopototanga reo Ingarihi māmā o ngā otinga o te rangahau ki a koe mā te imēra, te pōhi hoki/rānei. Ka rēhitatia te rangahau ki tētahi rēhita whakamātautau haumanu, ā, ka taea ngā mōhiohio o te rangahau mā tēnei rēhita mā te rapu i te tau rēhita whakamātautau (NCT05311085).

KO WAI KEI TE UTU I TE RANGAHAU?

E utua ana te rangahau e te Te Kaunihera Rangahau Hauora o Aotearoa.

NĀ WAI TĒNEI RANGAHAU I WHAKAMANA?

He mea whakamana tēnei rangahau e tētahi rōpū motuhake e kīia nei ko te Health and Disability Ethics Committee (HDEC), ā, ka tiroiro mēnā kei te ū te rangahau ki ngā paerewa matatika pūmau. Nā te Komiti-iti Hui Tāpiri a HDEC i whakaae tēnei rangahau.

He mea whakaae ngā āhuratanga mātauranga o tēnei rangahau e te Standing Committee on Therapeutic Trials (SCOTT), kei raro tēnei i a Medsafe.

ME WHAKAPĀ AHAU KI A WAI MŌ ĒTAHI MŌHIOHIO ANŌ, MŌ AKU ĀWANGAWANGA RĀNEI?

Mēnā he pātai āu, he māharahara, he amuamu rānei mō te rangahau ahakoa te wā, ka taea e koe te whakapā atu ki:

Ingoa: Tākuta Natalie Walker, Amorangi Tuarua i te Hauora Taupori
Waea: 0800 367 644
Īmēra: n.walker@auckland.ac.nz

Mēnā e hiahia ana koe ki te kōrero ki tētahi tangata kāore i roto i te rangahau, ka taea e koe te whakapā atu ki tētahi kaitaunaki hauora me te hauātanga i:

Waea: 0800 555 050
Waea whakaahua: 0800 2 SUPPORT (0800 2787 7678)
Īmēra: advocacy@advocacy.org.nz
Paetukutuku: <https://www.advocacy.org.nz/>

Mō ngā tautoko Hauora Māori me whakapā atu ki a:

Ingoa: Tākuta George Laking (Te Whakatōhea), Mātanga hauora
Waea: 09 307 4949 peka 23860
Īmēra: Georgel@adhb.govt.nz

Ka taea anō e koe te whakapā atu ki te komiti matatika hauora me te hauātanga (HDEC) nā rātou tēnei rangahau i whakaae i:

Waea: 0800 4 ETHIC
Īmēra: hdecs@health.govt.nz

PUKA WHAKAAE HEI WHAKAURU KI TE RANGAHAU

Te rangahau Cytisine me te ī-hikareti hei whakamutu i te kai paipa

Kaituku pūtea: Te Kaunihera Rangahau Hauora o Aotearoa

Kairangahau Matua: Tākuta Natalie Walker

Wāhi Rangahau: Waipapa Taumata Rau

Tau waea whakapā: 0800 367 644

Tohutoro a te Komiti Matatika: 2022 FULL 11152

Building 507
Level 1, Room 1092,
28 Park Ave, Grafton
Tāmaki Makaurau,
Aotearoa
W 0800 367 644
**Waipapa Taumata
Rau**
Private Bag 92019
Tāmaki Makaurau
1142
Aotearoa

Me tohu hei whakaatu i tō whakaaetanga ki ēnei e whai ake

Kua pānui ahau, i pānuitia mai rānei ki a au i roto i tōku ake reo, ā, kei te mārāma ahau ki te Pepa Whakamārāma mā te Kaiwhakauru. Āe

He nui te wā kua hōmai hei whakaaro mehemea ka whai wāhi ki tēnei rangahau, kāore rānei. Āe

I whai wāhi ahau ki te whakamahi i tētahi rōia, kaitautoko whānau, hoa rānei hei āwhina i ahau ki te tuku pātai, ā, e mārāma ana ahau ki te rangahau. Āe

Kei te pai ki ahau ngā whakautu mai ki ahau e pā ana ki te rangahau, ā, e mōhio ana ahau ka whiwhi ahau i tētahi kape o tēnei puka whakaae me te pepa mōhiohio. Āe

Kei te mārāma ahau he tūao (kei ahau te tikanga) tōku whai wāhi atu ki tēnei rangahau, ā, kei ahau anō te tikanga ki te wehe mai i te rangahau ahakoa te wā, me te kore whai pānga ki aku manaakitanga hauora. Āe

E whakaae ana ahau kia kohia, kia tukatukahia e ngā kaimahi rangahau aku mōhiohio, tae atu ki ngā mōhiohio mō taku hauora. Āe

Mēnā ka whakatau ahau ki te whakamutu i te whakamahi i ngā hua o te whakamātautau, e whakaae ana ahau kia whakapā mai mō ngā waeatanga whaiwhai ake. Āe

Ki te whakatau au ki te wehe i te rangahau, e whakaae ana ahau kia whakamahia tonutia ngā mōhiohio i kohia mōku tae noa ki te wā ka wehe mai ahau, ā, me tukatuka haere tonu. Āe

E mārāma ana ahau ko ngā mōhiohio ka tiria ki ētahi atu rangahau, rēhita rānei, i rō pūrongo rānei mō ngā tari ka whakatau mēnā ka whānui ake te wātea mai o te cytisine, ngā ī-hikareti hoki/rānei, engari kāore e whakamahia he mōhiohio e mōhiohia ai ahau. Āe

E whakaae ana ahau kia whakamōhiotia taku rata, taku kaiwhakarato hauora onāianeī rānei mō taku whakauru ki te rangahau me ngā huringa hauora kino nui ka pā mai ki ahau i roto i te rangahau.			Āe <input type="checkbox"/>
E mārama ana ahau me pūrongo ahau i ngā huringa kino ka pā mai ki taku hauora i roto i tētahi rātaka rangahau tuihono, mā te kōrero rānei ki tētahi o te rōpū rangahau. Ka āhei anō ahau ki te pūrongo i ngā huringa kino ki taku hauora mā te New Zealand Pharmacovigilance Centre (ka tukuna he kape o ngā mōhiotio i tukuna ki a Cess@Tion).			Āe <input type="checkbox"/>
Mō ngā wāhine: E mārama ana ahau he mōrea pea e pā ana ki te maimoatanga ki te tūpono hapū ahau. Ka whakamōhiotio atu ahau i taku hoa mō ngā mōrea, ā, kei runga i ahau te kawenga mō te ārai i te hapūtanga.			Āe <input type="checkbox"/> Kāore i Te Hāngai <input type="checkbox"/>
Mō ngā tāngata ka pūrongo i mutu tā rātau kai paipa i te waeatanga o te ono marama: E mārama ana ahau ka tonoa ahau kia tūtaki ā-tinana hei ine i te nui o te haukino ka whakahāngia e au. Ka tū tēnei hui i roto i te 72 haora o te waeatanga o te ono marama. E mārama ana ahau kāore he mamae, e whakamamae rānei te whakamātautau.			Āe <input type="checkbox"/>
E whakaae ana ahau ki tētahi kaiōtita i whakaaetia i tohua e te New Zealand Health and Disability Ethic Committees, tētahi atu mana whakarite ture rānei, tō rātau māngai i whakaaetia rānei kia arotake i aku pūkete hauora hāngai mō te kaupapa ake o te tiroiro i te tika o ngā mōhiotio i mau mō te rangahau.			Āe <input type="checkbox"/>
E mārama ana ahau he matatapu taku whakauru ki tēnei rangahau, ā, kāore e whakamahia he kōrero ki ngā pūrongo o tēnei rangahau e mōhiotia ai ahau.			Āe <input type="checkbox"/>
E mārama ana ahau ka pātaitia ahau mēnā ka āhei tētahi kairangahau pūhou kia whai wāhi mai ki ngā waea whaiwhai ake.			Āe <input type="checkbox"/>
E mātau ana ahau ki ngā whakaritenga paremata ki te tūpono pā mai he wharanga i roto i te rangahau.			Āe <input type="checkbox"/>
E mōhiotio ana ahau me whakapā atu ki a wai mēnā he pātai āku mō te rangahau.			Āe <input type="checkbox"/>
E mārama ana ahau ki aku kawenga hei kaiwhakauru rangahau.			Āe <input type="checkbox"/>
Mēnā kei te kai paipa tonu ahau i te mutunga o tēnei rangahau, he pai noa ki ahau kia whakapā mai ki ahau ā muri ake ki te kite mēnā kei te hiahia ahau ki te whakauru ki ētahi atu rangahau mō te whakamutu i te kai paipa.	Kāo <input type="checkbox"/>		Āe <input type="checkbox"/>
E hiahia ana ahau ki te whiwhi i tētahi whakarāpopototanga o ngā otinga mai i te rangahau.	Kāo <input type="checkbox"/>		Āe <input type="checkbox"/>

Whakapuakanga a te kaiwhakauru [me tuku tuihono]:

E whakaae ana ahau ki te whakauru atu ki tēnei rangahau. Āe