

Kete Whakamātautau CheckTOP

He kete whakamātautau mimi te CheckTOP ka whakamahia i te kāinga hei tiro mēnā kua kore koe e hapū i muri i te whakatahe tōmua ā-pire.

- Ka tirohia te whakamātautau mēnā he taiaki hCG kei tō mimi.
- Ka puta te hCG i tō tinana i a koe e hapū ana.
- Ka mimiti haere te hCG i tō tinana ina kore koe e hapū.

Kia mōhio: hCG = human chorionic gonadotropin



Āhea whakamahi ai i te whakamātautau CheckTOP

I tētahi whakatahe tōmua ā-pire, ka tukuna ngā rongoā e rua ki a koe hei whakakore i te hapūtanga – **mifepristone me te misoprostol**.



I te 3 ki te 4 wiki i muri i te kai i ēnei rongoā, ka whakamahia te whakamātautau CheckTOP hei whakaū i te whakakorenga o te hapūtanga.

He mea nui te wā

- **Kia kaua e tōmua te whakamātautau (i mua i te 21 rā).** He nui tonu pea tō hCG.
- **Kia kaua e tōmuri te whakamātautau (i muri i te 28 rā).** Ka tōmuri te tiaki me te tautoko i a koe ki te kore te rongoā e mahi i āna mahi.

Tuhia ō rā



- 1 Te rā i kai ahau i te mifepristone: _____
 - 2 Te rā i kai ahau i te misoprostol: _____
- Mahia te whakamātautau CheckTOP i te 21 ki te 28 rā i muri i te kai i ēnei rongoā.
- 3 Te rā ka mahi i te whakamātautau CheckTOP: _____



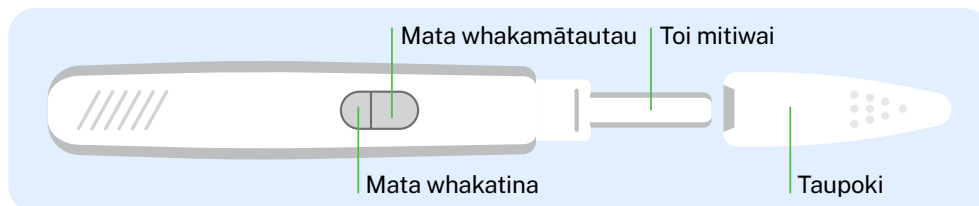
Kia mōhio: Me whakamātautau i te ata i te wā e kukū ake ana te mimi (kaha ake)

Ina tika te whakamahi, he tino tika te whakamātautau CheckTOP (99%).



He pēhea te whakamahi i te whakamātautau?

1. Tangohia te taupoki i te rākau.



2. Me mimi i runga i te toi mitiwai mō te 5 ki te 10 hēkona, **TĒRĀ RĀNEI** me mimi ki roto i tētahi ipu mā, maroke hoki, ka tautau i te toi mō te 5 ki te 10 hēkona

3. He mea nui kia kaua e pā te mimi ki ngā mata -kei raru pea te otinga.

4. Whakahokia te taupoki ka whakatakotoria te rākau ki tētahi papa maroke, papatahi hoki me ngā mata e ahu whakarunga ana.

5. Me tatari mō te 5 ki te 10 mineti i mua i te pānui i ngā otinga o te whakamātautau.



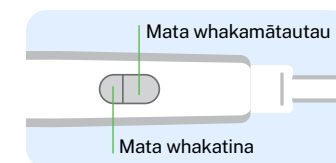
Me mōhio: Kaua e pānui i ngā otinga i mua i te 5 mineti, i muri rānei i te 10 mineti – Ka raru pea ngā otinga.

Mō ētahi atu mōhiohio mō te whakamātautau CheckTOP, haere ki healthify.nz/checktop

Te pānui i ō otinga

Kia mōhio: E 2 ngā mata o te rākau whakamātautau CheckTOP:

- he mata whakamātautau (**te mata nui**)
- he mata whakatina (**te mata iti**).



Ka kite i te rārangi māwhero ki te mata whakatina (iti)



I whai hua te rongoā



Kua kore koe e hapū

Ka kite i te rārangi māwhero ki ngā mata e rua



Kei te hapū tonu pea



Kāore he rārangi māwhero



TĒRĀ RĀNEI

He rārangi māwhero kei te mata whakamātautau (nui)



I raru te whakamātautau



Whakapā atu ki tō kaiwhakarato hauora

Ngā tohu me ngā tohumate e hapū tonu ana koe:

- he paku noa, kāore rānei he toto i muri i te kai misoprostol
- whakapairuaki
- mamae ngā ū
- kei te nui haere te puku
- kua hipa te 4 ki te 6 wiki, ā, kāore anō kia rere te ikura.