

Ka taea e au taku rongoā āraimate rewharewha te whiwhi i te wā e whiwhi ana i ētahi atu rongoā āraimate?

Āe, ka taea. Me tono i tō kaituku rongoā āraimate ki te tiro tiro i ētahi atu rongoā āraimate e tika ana mōu. Mēnā kei tō wāhanga tuarua, tuatoru rānei ka taea e koe tō rongoā āraimate tekekō koreutu te whiwhi tahi, engari kua e whakaroaroa ki te whiwhi i tō rongoā āraimate rewharewha. Mā te whiwhi i tō rongoā āraimate katoa i te wā tika e tiaki pai i a kōrua ko tō pēpi kei tō kōpū.

Ki hea whiwhi ai i taku rongoā āraimate rewharewha KOREUTU?

Ka taea tō rongoā āraimate rewharewha te whiwhi i tō kaiwhakarato hauora. Kei te tuku hoki ētahi kēmehi maha i te rongoā āraimate rewharewha.

Hei tāpui i tō rongoā āraimate haere ki

BookMyVaccine.nz, me waea rānei ki te Vaccination Healthline ki **0800 28 29 26**.



Mō ētahi atu kōrero mō te whiwhi rongoā āraimate rewharewha

- me kōrero ki tō rata, nēhi, kaiwhakarato hauora rānei
- waea atu ki Healthline ki **0800 611 116**
- haere ki **info.health.nz/pregnancy**



Rewharewha

Ka tīmata te tiaki i a kōrua ko tō pēpi i te wā e hapū ana

Mēnā e hapū ana koe, me whiwhi tō rongoā āraimate rewharewha **KOREUTU**

Te Aka Whai Ora
Māori Health Authority

Health New Zealand
Te Whatu Ora

Ki te pāngia koe e te rewharewha i a koe e hapū ana, ka nui ake tō tūpono pānga ki te mate āpiti kino, i ō ētahi atu pakeke.

Mā te whiwhi i te rongoā āraimate rewharewha e pai ake ai tō parenga i te mate rewharewha. Ka āwhina ki te whakaiti i tō tūpono pānga ki te rewharewha, ki ngā mate āpiti kino, me te uru ki te hōhipera.

He aha te rewharewha?

Ehara te rewharewha i te mate maremare noa. He mate kino, ā, ka tino māuiui te tangata. Ki te pāngia koe e te rewharewha i a koe e hapū ana, he mōrea ki a kōrua ko tō pēpi. Ko ngā wāhine hapū ka pāngia e te rewharewha he nui ake te pāpātanga o te tamaiti kokoti tau, ka tahe, ka materoto te pēpi, ka iti ake hoki te taumaha o te pēpi i tana whānautanga.

He nui ake te tūpono ka uru ngā piripoho me ngā pēpi ki te hōhipera mēnā kua pāngia e te rewharewha i ō ngā tamariki pakeke ake, nō reira he nui te hua ki te pēpi o te parenga ka whiwhi ia i te wā o te kōpūtanga.

Me pēhea taku tiaki i ahau anō me taku pēpi kāore anō kia whānau mai i te mate rewharewha?

Ka āwhina te rongoā āraimate rewharewha ki te tiaki i a koe i te mate rewharewha. He koreutu te rongoā āraimate rewharewha mēnā e hapū ana koe. Ahakoa kua whiwhi koe i te rongoā āraimate, ehara i te mea e kore koe e pāngia e te mate rewharewha, engari ka nui ake te parenga ki te pāngia koe.

E kore te mate rewharewha e pā ki a koe nā te rongoā āraimate - kāore he huaketo rewharewha ora o te rongoā āraimate e whakamahia ana i Aotearoa.

He pai te rongoā āraimate mō taku pēpi kāore anō kia whānau mai?

Kua roa ngā wāhine hapū e whiwhi ana i te rongoā āraimate rewharewha, ā, he pai rawa atu te pae haumaruru. Kāore i nui ake te mōrearea o ngā pānga kino mai i te rongoā āraimate rewharewha mēnā e hapū ana koe, mō tō pēpi kei te kōpū rānei.

He aha ngā pānga kino ka pā mai pea ki a au i muri i te whiwhi rongoā āraimate rewharewha?

Ki te pā ngā pānga kino ki a koe i muri i te whiwhi rongoā āraimate rewharewha, he tohu tērā o te pai o te mahi o te pūnaha awhikiri o tō tinana. I muri i tō whiwhi awhikiri ka mamae pea koe, ka māngeongoe, ka pūwherowhero i te wāhi o te werohanga, ka hīwiniwini, ka kirikā, ka māuiui, ka ngenge hoki pea. I te nuinga o te wā kāore e roa ka mutu ngā pānga kino.