



**ANZCA**  
FPM

TE RĀ REHUNGA  
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# Te rehunga wero tuarā

Ko te tino rongoā whakamāmā katoa i ngā hukihuki whakawhānau ko ngā wero tuarā. He mea whakakore i ngā rongo o tō tinana mai i tō poho heke iho, engari oho tonu ana koe i te whakawhānautanga mai o tō pēpi. Mā ēnei e taea ai te whakamāmātanga pūmau tonu o te mamae, te whakakaha ake, te whakaheke iho rānei kia rongo tonu ai koe i ngā nekeneke, nukunuku anō.

## He aha ngā take mō te whiwhi wero tuarā?

Mehemea kāore tonu e tino tau ana tō tinana i runga i te hau whakakoakoā, i te rehunaru rānei – ka mate rānei te motu whakawhānau – ka tino tohutohutia pea koe e tō tākuta whakawhānau kia whiwhi i tētahi wero tuarā. Arā anō pēa ētahi atu take ā-hauora – arā, mehemea he māhanga āu kei tō puku, he toto purutu rānei āu – kia whiwhi ai koe i ngā momo wero tuarā.

## He pēhea te mahi a te wero tuarā?

Ka werohia koe e tō kaitukurehunga ki tētahi rehunga ā-wāhanga tinana – i te nuinga o te wā he mea ranua ki tētahi rongoā ahu whakaporehu pērā ki te fentanyl – ki tētahi wāhi huri ana i ngā ioio tuarā kei te hiku o tō tuarā. He mea aukati tēnei i te haerenga ki tō roro o ngā tohutohu mamae mai i ngā hukihuki, me te whewheratanga o te tara.

Ka tukuna he pū kirihou pakupaku nei e kīia ana he “pū wero tuarā(epidural catheter)” mā te ngira wero tuarā. Kātahi ka tangohia tēnei ngira, e whakarērea ana ko te pū anake, ka whakapiria tēnei ki tō tuarā, ā, mā reira e taea ai te tuku rongoā whakamāmā mamae.

## Āhea e taea ai e au te tono wero tuarā?

I te nuinga o te wā e taea ai te tono wero tuarā ahakoa te wāhanga o tō whakawhānau, haunga anō ngā take hauora hei aukati i tō hiahia kia whiwhi wero tuarā, i muri hoki i te kōrero ki te tapuhi, ki te tākuta whakawhānau hoki/rānei. Kei waenga i te āhua rima ki te 30 meneti te roa o te poka wero tuarā, ka rongona te rongoā whakamāmā e tīmata ana i roto i te rima meneti o te whiwhinga i te rehunga ā-wāhanga.

## Ka ahatia mehemea ka mate motu whakawhānau au (‘c-section’)?

Mehemea kua mate motu whakawhānau koe, e taea ai e tō kaitukurehunga te whakamahi te wero tuarā ki te tuku i te rehunga, kia kore ai tō tinana e rongo i te paku aha i raro iho i te poho. Nā te mea he tikanga poka tēnei, ka kaha noa ake te rehunga, nō reira, ka noho tonu mai tō kaitukurehunga mō te katoa o te wā. I te nuinga o te wā ka oho tonu koe, i tua atu i ngā wā e tika ana kia whiwhi koe i te rehunga whānui.



SCAN ME

Hei mana nui i te Taiao o Ahitereiria-Aotearoa, e whakatakoto mōhiohio mārama, whai taunakitanga hoki ana a ANZCA hei mea āwhina i a koe ki te whakatau i ngā whakatau i runga i te mārama tonu. Karapahia te waehere QR kia haere ki tō mātou paetukutuku [anzca.edu.au](http://anzca.edu.au). He aratohu noa iho ēnei mōhiohio, ehara i te mea kapi i ngā mōhiohio ka whiwhi koe i tō kaitukurehunga.