

Aratohu Poto

CareSens™ N

Pūnaha Aroturuki Huka Toto

1. Pūine Huka Toto CareSens N

Tauranga Raraunga

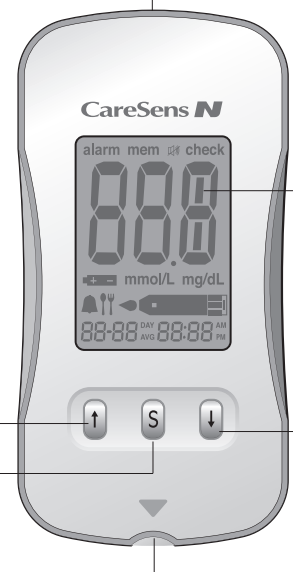
Ka whakamahia hei whakawhiti raraunga i te pūine ki tētahi rorohiko whai taura CareSens

↑ Pātene

Ka tipako mōhiohio, ka huri mōhiohio rānei

Pātene S

Ka whakakā/whakaweto i te pūine, ka whakaū i ngā tipakonga tahua



Mata Whakaatu

Ka whakaatu huanga, karere

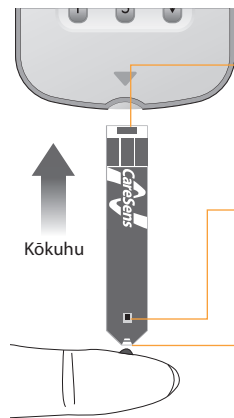
↓ Pātene

Ka tipako mōhiohio, ka huri mōhiohio rānei

Tauranga Ngaku Whakamātau
Kōkuhu ngaku whakamātau ki konei

Tuhipoka: E tūtohutia ana kia āta tirohia mēnā he ōrite te mata whakaaturanga o te pūine ki te tātuhinga i runga nei ina kā te pūine. Kaua te pūine e whakamahi ki te kore e ōrite pū te mata whakaaturanga ki te tātuhinga nā te mea kei te hē pea ngā huanga e whakaatu mai te pūine.

2. Ngaku Whakamātau CareSens N



Ngā pae whakapā

Āta pēhia te ngaku whakamātau, me ōna pae whakapā e anga ana ki runga, ki te tauranga ngaku whakamātau o te pūine

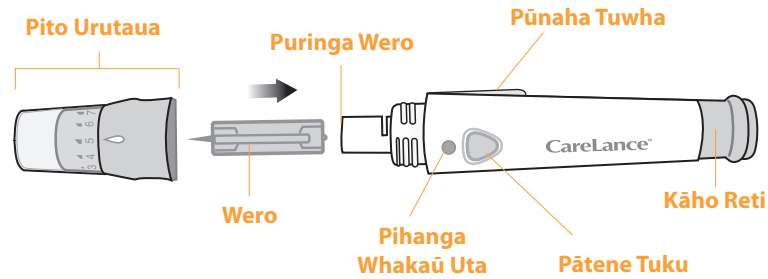
Pihanga whakaū

Titiro ki konei kia kite mēnā he rawaka te taurira toto kua hoatu

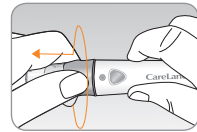
Te tapa hei hoatu i te taurira toto

Hoatu ki konei te taurira toto hei whakamātau

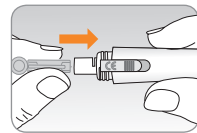
3. Pūrere Wero



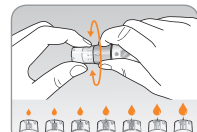
4. Te whakarite i te Pūrere Wero



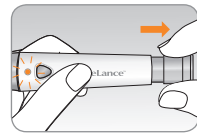
1 Whakawiria ka tango i te pito urutaua.



2 Āta kōkūhuna he wero hou ki te puringa wero. Pupuri paitia te wero. Āta whakawiria hei tango i te taupoki papare. Tiakina te taupoki hei poki anō i te wero i muri ake. Whakakapia te pito o te pūrere wero.



3 Tipakohia he hōhonu mai i te kotahi ki te whitu (1-7) ka hiahiatia i te pito urutaua o te pūrere wero. Kōwhiria he hōhonu mā te huri i te wāhi whakarunga o te pito urutaua kia hāngai te tau ki te pere. Ka taunakitia he tautuhinga timata o te toru (3).



4 Whakakeua te pūrere wero mā te kume i te kāho reti kia ngoto te pūrere.

5. Te whakarite i te Pūine me te Ngaku Whakamātau

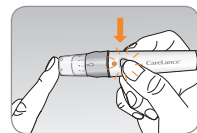


5 Horoia ōu ringa me te wāhi taurira. Opeopea ka āta whakamaroke.

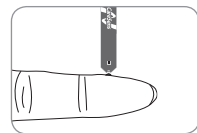


6 Kōkūhuna te ngaku whakamātau ko ngā pae whakapā e anga ana ki runga. Ka puta te tohu ki te mata.

6. Te Hoatu Toto



7 Tikina he taurira toto ki te pūrere wero.



8 Puta rawa atu te tohu ki te mata, hoatu te taurira toto ki te pito whāiti o te ngaku whakamātau kia pihō rā anō te pūine. Ki te kore e whakakī te matapihi whakaū i roto i te wā tika nā te piapiatanga rerekē (te kukū me te piapia), nā te rōrahi poto rānei, ka puta mai pea te karere Er4. E tūtohutia ana kia mahia poutū rawa ki te pae taurira te hoatutanga o te taurira toto ki te ngaku whakamātau, pēnei e whakaaturia nei i te hoahoa.

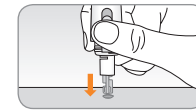


Taurira Pai Taurira Iti Rawa

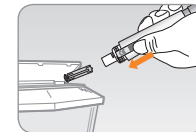


9 Ka puta te huanga whakamātau i muri i te tauanga iho o te pūine mai i te 5 ki te 1. Ka tiakina aunoatia te huanga ki te pūmahara o te pūine.

7. Te Maka i ngā Wero kua Whakamahia



10 Whakahokia te taupoki papare ki te wero.



11 Panaia whakamua te pūpei wero mā tō kōnui kia makaia ki tētahi ipu para koiiora pūmate te wero kua oti te whakamahi.

8. Te Mata me te Karere



Kua kuhuna he ngaku kua oti te whakamahi.
>Tukuruatia te whakamātau ki tētahi ngaku hōu.



I hoatu he taurira toto, taurira whakamātau rānei i mua i te putanga mai o te tohu .
>Tukuruatia te whakamātau ki tētahi ngaku hōu ka tatari kia puta mai te tohu i mua i te hoatu i te taurira toto, te taurira whakamātau rānei.



I runga kē, i raro kē rānei te pāmahana i te awhe mahinga.
>Nuku ki tētahi wāhi kei roto te pāmahana i te awhe mahinga (5-50°C) ka tukuruia i te whakamātau ina tae te pūine me ngā ngaku whakamātau ki tētahi pāmahana i roto i te awhe mahinga.



He piapiatanga nui rawa tō te taurira toto, he poto rānei te rōrahi.
>Tukuruatia te whakamātau i muri i te kuhunga o te ngaku hōu.



Ka puta pea tēnei karere hapa ina whakamahia he ngaku whakamātau huka toto hē, kāhore ia te ngaku whakamātau huka toto CareSens N.
>Tukuruatia te whakamātau ki tētahi ngaku CareSens N.



He raru kei te pūine.
>Kaua te pūine e whakamahia. Whakapā ki tō māngai tauhokohoko whaimana o i-SENS.



I puta he hapa ā-hiko ki te whakamātau.
>Tukuruatia te whakamātau ki tētahi ngaku hōu. Ina puta tonu mai te karere hapa, whakapā ki tō māngai tauhokohoko whaimana o i-SENS.



Ka puta te ata **HI** ina nui atu i te 33.3mmol/L te huka toto, ina inati te taumata huka (hyperglycemic).



Ka puta te ata **LO** ina iti ake te huka toto i te 1.1 mmol/L, ina iti rawa te taumata huka (hypoglycemic).

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