

Ko'u arataki no te vāito'anga maki i roto i to'ou kōpū

Te vāito'anga i te maki i roto i to'ou kōpū

- 1 Tā'anga'anga'ia teia ko'u vāito i te rave mai i tetai tutae ei 'ākara'anga.
- 2 Tukuna mai te 'ākara'anga kia matou na roto i te tikiro (kare e tutaki)
- 3 Ka vāito matou i tō'ou 'ākara'anga ma te 'akakite atu i tei kitea'ia.

Me ka inangaro tauturu koe?

Tāniuniu'ia te numero **0800 924 432** tutaki-kore. 'Akakite mai i te reo ka inangaro koe, ka rauka i reira ia matou i te teateamamao, i tetai tangata, kia komakoma atu kia koe no runga i to'ou vāito'anga ia roto i to'ou kōpū, ki roto i ta'au reo ka inangaro.



National
Bowel
Screening
Programme

Te tā'anga'anga'anga i ta'au ko'u

1

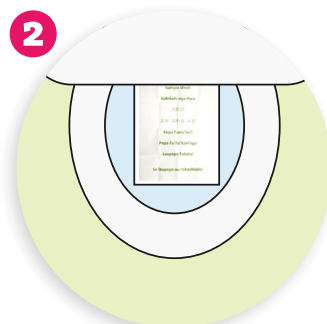


MATAKITE

'O're'ia e tai barcode sticker mei runga mai i te **pēpa 'akatika'anga** ma te tāpiri atu ki runga i te tua para'a o te mō'ina.

Tātā'ia te rā i rave ei koe i te vāito'anga ki runga i te pēpa 'akatika'anga. 'Akakī'ia te katoa'anga o te pēpa.

2



Mimi atu ma te taomi kia ta'e te vai o te potera.

Tukuna'ia tetai pēpa 'orei to'e ki roto i te potera.

'Āriki'ia **te pēpa no te 'ākara'anga** na runga atu i te pēpa 'orei to'e.

3



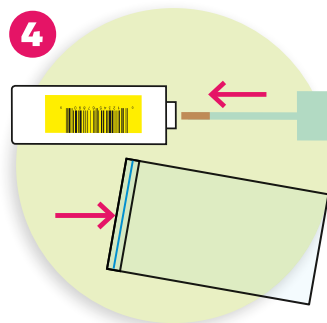
Titiko atu ki runga i te pēpa no te 'ākara'anga.

Taviri viviki'ia te tāpoki mō'ina - i mua ake ka tomo atu ei te tutae.

'E tā'au rākau matie, varu iā runga rava 'i te tūtae, 'i te au ngā'i tūkētūkē. Rave i teia ē, pini 'ua ake ā runga 'i te 'ope o te rākau.

E mānga 'akara'anga ua rāi te ka inangaro'ia.

4



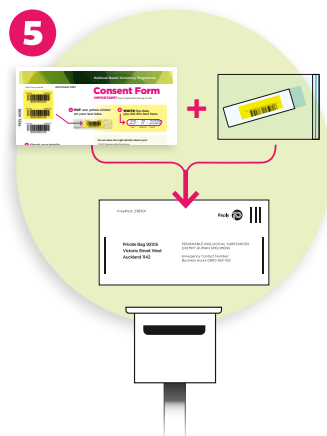
'Aka'okina te rākau ki roto i te mō'ina.

'Ōpara'ia te tāpoki ki raro **kia tangi** me piri. E vai mārama tetai i roto i te mō'ina no to'ou 'ākara'anga.

Taomi'ia kia ta'e te vai i roto i te pōtera ma te 'ōrei atu i to'ou rima. Te meitaki ua ra, te 'akata'e atu i te pēpa 'ākara'anga.

Tāru'ia te mō'ina ki roto i te pū'ao **zip-lock**. Rōmia'ia te zip-lock kia piri meitaki.

5



Tāru'ia te pū'ao zip-lock tei roto te **mō'ina** e te **pēpa 'akatika'anga** ki roto i te tikiro no te 'aka'oki atu.

Tukuna'ia ki roto i te mēre i taua rā rāi, me kore ra, i te rā i muri mai, i te mea e, ka kino to'ou 'ākara'anga me tāvarevare.