

Fakatonuga mo te fakaogāga o na kope faigaluega mo te hiakiga o te gakau

E vefea te fakaogāga o te kope faigaluega mo te hiakiga o te gakau

- 1 E fakaogā e koe tēnei kope ke kaumai ai ai he vāega ke āhi ai tau fekau mamao.
- 2 E toe lafo mai e koe te vāega o tau fekau tēnei kia te ki mātou I he teutuhi (e hē totogia).
- 3 E hiaki e ki mātou tē vāega tēnei o to fekau mamao ma fakailoa te fakaikuga.

E manakomia e koe he fehoahoani?

Fakamolemole vili ki te numela e hē totogia **0800 924 432**. Taku mai pe ko tefea te gagana e fia talanoa mai ai koe. E ki matou talia to vili mai I te Gagana Peletania kae e mafai ke talohaga ki he tino ke talanoa koulua agai ki te hiakiga o te gakau I tau gagana.



National
Bowel
Screening
Programme

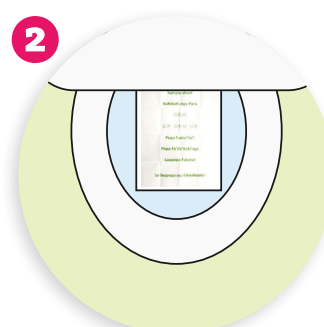
E vefea ona fakaogā te kope faigaluega mo te hiakiga o te gakau



TĀUA

Kave kehe te hitika mai te Pepa mo tau Fakatagaga ma fakapipiki ki te itu palafa o te tamā fagu.

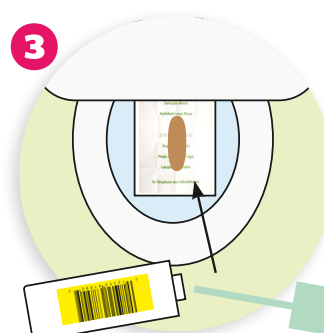
Tuhi te **aho** na fai ai tau hiakiga ki te **pepa mo tau fakatagaga**. Fakatumu uma te pepa.



Pi ma fakafano te tukutua kafari e mafai.

Tuku ni pepa tukutua ki loto o te po.

Fofola te **pepa fakatakitaki** ki luga o te pepa tukutua.



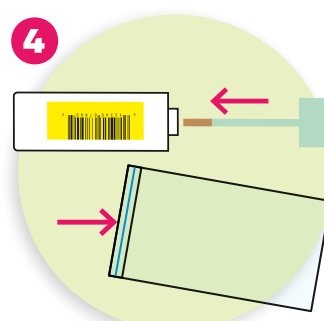
Fai tau fekau mamao (pupu) ki luga o te pepa fakatakitaki.

Mimilo te tapinu o te tamā fagu fakavave – kae ko heki goto te pupu.

Fakaogā te lakau lanumata, kao kehe ni vāega I luga o te pupu.

Fakatino tēnei vāega ke kava lelei te pito o te lakau.

E manakomia oi oti e koe he tama vāega.

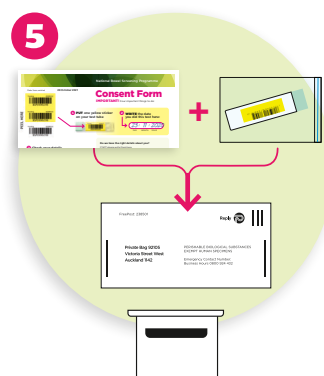


Toe tuku te lakau ki loto o te fagu, Fēke te tapuni ki lalo ke **pupuni** mau. E iei te vai e mama I loto o te fagi mo tau fakatakitakiga.

Fakafano te vai o te tukutua ma fufulu o lima. Te pepa fakatakitaki e mafai ke fakafano.

Tuku te fagu ki loto o te **taga pepa-loka**.

Kukuma te taga epa ke mau lelei.



Tuku te tagapepa loka ma te fagu ma te pepa mo tau fakatagāga ki loto o te teutuhi fakaliliu.

Lafo te hiakiga I te aho lava tena pe ko te aho alafaki ona e mafai ke kino kafari e iei ni tulave.