

Ngā tohutohu kete whakamātau mātai whēkau

Te āhua mahi o te whakamātau mātai whēkau

- 1 Ka whakamahi koe i tēnei kete whakamātau ki te tango pota tiko tiko
- 2 Ka whakahokia mai e koe te pota tiko ki a mātou mā tēnei kōpaki (he kore utu)
- 3 Ka whakamātauria e mātou tō pota tiko, ā, ka whakamōhio atu ki a koe i pēhea.

Kei te hiahia āwhina koe?

Tēnā waea koreututia a **0800 924 432**. Kōrero mai ki a mātou ko tēhea te reo kōrero e pai ana ki a koe, ā, ka whakarite mātou i tētahi ki te kōrero ki a koe mō te mātai whēkau i tō reo.



National Bowel Screening Programme

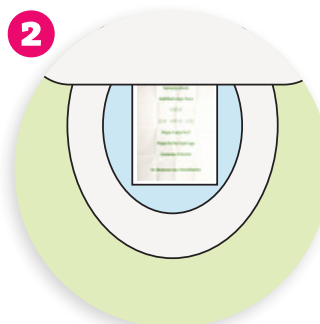
Me pēhea te whakamahi i tō kete whakamātau



KIA ĀTA ARO MAI

Tangohia tētahi whakapiri waehera tēkaeka mai i te **puka whakaae** ka whakapiri ki te taha papatahi o te ipu.

Tuhia te rā e mahia ai e koe te whakamātau i runga i te puka whakaae. Whakakīia te toenga o te puka.



Mimi i te tuatahi, ā, ka tukurere i te wai mēnā ka taea.

Kuhuna he pepa wharepaku ki te wharepaku.

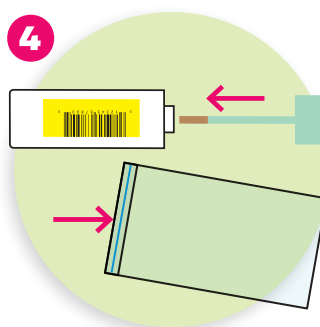
Whakatakotoria te **pepa pota tiko** ki runga ake o te pepa wharepaku.



Tiko i runga i te pepa pota tiko. Kia tere te tango i te taupoki o te ipu - i mua i te totohu o te tiko.

Titia te pito o te rākau kākārīki ki te tiko, kia pai ai te hīpokina o te kāmata o te rākau.

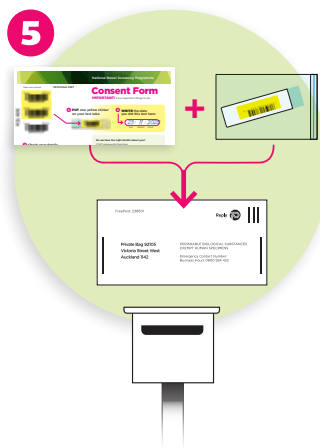
He iti noa te pota tiko e hiahiatia ana.



Whakahokia te rākau ki roto i te ipu. Pēhia te taupoki ki raro kia **ngotongoto** te kati. He kūtere pūataata kei te ipu mō tō tīpakohanga.

Tukureretia te wharepaku me te horoi i ō ringaringa. Ka taea te tukurere i te pepa pota tiko.

Kuhuna te ipu ki roto i te pēke **maukati**. Kōtētia te pēke maukati hei hīri.



Kuhuna tē pēke maukati me te **ipu** me te **puka whakaae** ki roto i te kōpaki whakahoki.

Tukuna te pota tiko i taua rangi tonu, i te rangi whai muri rānei, kei kino tō pota tiko ina takaroa ana.