



Na  
fakamatalaga  
uma agai ki  
te hukega o  
te ala o te  
meakai



[timetobowelscreen.nz](https://timetobowelscreen.nz)

Health New Zealand  
Te Whatu Ora

Te Kāwanatanga  
o Aotearoa  
New Zealand Government



National  
Bowel  
Screening  
Programme

Ko te tuhi tenei e i loto ai na fakamatalaga agai ki na hiakiga o te ala o te meakai ma te kaneha o te ala o te meakai, e fehoahoani atu ki a te koe ki te faiga o tau filifiliga pe auai koe ki te polokalame tenei ko te National Bowel Screening. E hēai hau tupe e totogi mo tenei polokalame.

## Bowel screening



- e hēai hau tupe e totogi.
- Ko te hiakiga e mafai ke fai ite fale, e faigofie ma vave.
- E lafo atu taki lua tauhaga na āfifi e fai ai tau hiakiga
- E mo na tino kua katoa te taki 60 - 74 tauhaga.

Ko Niu hila e hili atu te maualuga o te aofaki o na tino e maua ite kaneha o te manava i te lalolagi.

Ko te lahiga o taimi e hēai ni āuga mo te kaneha o te ala o te meakai. Ko na hiakiga e fehoahoani ke vave maua ai te kaneha, ma vave foki ona togafitia.

E ia pikia foki kafai e iei he palapala i tau fekau mamao, ma ko he auala e fakailoa atu ai e iei te mea e fakahētonu.

Ko na fakamaumauga kua maua mai te matou polokalame e kitea ai ko na hiakiga iēnei o te ala o te meakai e maua ai te kaneha i na hiakiga e 7 mai te 10 na fai. Ko iētahi taimi e hē kitea te kaneha auā e hē fano te palapala i taimi uma. E ono tutupu foki te kaneha i te va o na taimi e fai ai na hiakiga. Ko na māfuāga iēnei e tāua ai te fai o na hiakiga o te ala o te meakai ite taki lua tauhaga, ma vave fakafehokotaki tau fomai kafai kua iei ni āuga o te kaneha o te ala o te meakai kua iā te koe.

Ko na āuga takalahi o te kaneha o te manava e ono i loto ai na vaega iēnei:

- hūiga o tau fekau mamao ma kua katoa te fia vaiaho e vēnā ai.
- Palapala i tau fekau mamao.

E ui ko iētahi āuga e tutupu mai ona ko ni iētahi vaega, e tāua to fano ki tau fomai ke fai ho hiakiga.

## E fai vehea na hiakiga

### Ko te hiakiga e faigofie ma e ono hefe mai ai to ola!

E lafo atu te afifī e i loto ai na mea e fakatino ai tau hiakiga. Vave fai tau hiakiga. Ko na mea e fai te hiakiga e kino ma hē toe lelei ke faka aogā kafai kua katoa te ono mahina e tuku ai. E tatau ke toe fai hau hikiga foū.

E faigofie te faiga o te hiakiga o te ala o te meakai.

- Faka aogā te tamā mea lakau ke hahali ai he vaega mo tau fekau mamao. Fafao ki loto o te tamā fagu volu oi toe meli mai ai ite teutuhi e tuhi ai te mātou tuātuhi.
- Ko na fakamatalaga e fakafaigofie ai te hiakiga e i loto o te afifī.
- Taumafai oi lafo mai ite aho lava na fai ai, pe ko te aho alafaki.

## Na tali o tau hiakiga

E tolu vaiaho mai te aho na lafo ai tau hiakiga oi maua atu ai te tali.

E maua atu te tuhi e i loto ai te tali o tau hiakiga, ma ono foki fakafehokotaki atu koe e tau fomai pe ko he teine fomai.

Fakamolemole oi telefoni ki te **0800 924 432** pe tuhi ki te imeli tenei **info@bowelscreening.health.nz**, kafai kua katoa te tolu vaiaho kae ko heki maua atu he tali o tau hiakiga.

### Ko te tali ko koe e heki maua

E hē manakomia ke toe fai ni au gaoioiga kafai kua fakailoa atu te tali o tau hiakiga ko koe e heki maua. Fakamautinoa e e toe fai to hiakiga kafai e lafo atu ite lua tauhaga ka hau.

Vave kikila tau fomai kafai kua iei ni hūiga i te faiga o tau fekau mamao, ma ko na āuga kua katoa te fia vaiaho e vēnā ai, pe iei he palapala e hau fakatahi ma tau fekau mamao – ko koe nahe fakatali ki te taimi e toe fai ai to hiakiga.

## Ko te tali kua iei na huiga

Kafai ko te tali o tau hiakiga kua iloa ko koe kua maua, ko tona uiga e manakomia ke fai ni iētahi hukehukega. Ko he faka ata (colonoscopy) te mahani oi fai.

E hē veake ko koe kua maua ite kaneha o te ala o te meakai kafai ko te tali o tau hiakiga kua iloa.

Kikila ifo ki te laupepa tenei **timetobowelscreen.nz** ke maua atu ai ni iētahi fakamatalaga agai ki te tulaga kua kitea i te tali o tau hiakiga.

## Ko hiakiga o ala o te meakai e hē talafeagai mo tagata uma

Telefoni ki tau fomai pe vili mai ki te numela tenei **0800 924 432** kafai ko na puha iēnei kua māka te lahiga e koe. E ono e hē talafeagai te hiakiga o te ala o te meakai mo koe.

- E iei he āuga mo te kaneha o te ala o te meakai ia te koe – kikila vave loa tau fomai.
- Kua fai taku faka ata ite 5 tauhaga kua teka. Fakamolemole telefoni mai kae ke valakaulia atu koe ihe vaitaimi i mua.
- Ko au e i loto o he polokalame mo te kaneha o te ala o te meakai pe ko te kaneha o na polipe.

- Ko au na maua muamua ite kaneha o te ala o te meakai pe ko au e fai nei oku togafitiga.
- Kua kavekehe toku gākau lahi.
- Ko au e maua ite tauale o te Crohn pe maua foki ite ulcerative colitis.

## Ko he ā te kaneha o te ala o te meakai?

- Ko kaneha o te ala o te meakai e fakaigoa foki ki te koga e fai ai tau fekau mamao.
- Ko te ala o te meakai he vaega e o ō tōtōga e gaohi e kilatou au mea e kai. E iei ai te tamā gākau, ma te gākau lahi ma te koga e hau ai ki fafo tau fekau mamao.
- Ko te kaneha o te ala o te meakai e kamata kafai kua hona ola na hela i loto o te tōtōga tenei.
- E mafai ke liu polipe na hela ma ko iētahi polipe e ono liu ma kaneha i te fanoga o na tauhaga.
- E mafai ke mataloa fatoā hoholo te kaneha ki iētahi vaega o te tino.
- Ko te fai hō o na hiakiga, mo na tino e hēai ni āuga e kilatou lagona, e fai ma auala e vave maua ai ma vave togafiti ai te kaneha o te ala o te meakai.

## Mo ni iētahi fakamatalaga

- Kikila ki te **timetobowelscreen.nz**
- Telefoni ki numela **0800 924 432**, e tatala mai te 8am – 6pm i te aho Gafua ki te aho Falaile
- Imeli **info@bowelscreening.health.nz**

Kikila ifo ki te uepehaite a te Health New Zealand I Te Whatu Ora pe telefoni ki te **0800 924 432**, mo ni fakamatalaga agai ki na hiakiga o te hoifua mālōlōina e fakatupe e te kauhaga kua tākua.

## Ko iētahi gagana ma na fakamatalaga.

Ko te tuhi tenei e maua i hō he itukāiga i na gagana e tākua i lalo:

Te Reo Māori, Cook Islands, Samoan, Fijian, Rotuman, Kiribati, Tongan, Tuvaluan, Niuean, Tokelauan, Simplified Chinese, Traditional Chinese, Korean, Hindi, Punjabi, Tagalog, Arabic and Burmese.

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