



Sivi e ngākau lahi



timetobowelscreen.nz

Health New Zealand
Te Whatu Ora

**Te Kāwanatanga
o Aotearoa**
New Zealand Government



National
Bowel
Screening
Programme

Ko e tohi ko ení ‘oku ‘oatu ai e fakamatala fekau’aki mo e kanisā ngākau lahi mo hono sivi, ke tokoni ki ho’o faitu’utu’uní pe te ke kau ‘i he polokalama sivi ta’etotongi fakafonua National Bowel Screening Programme.

Sivi ngākau lahi ‘oku



- Ta’etotongi.
- Vave mo faingofua hono fakahoko ‘i ‘apí.
- ‘Oatu fakata’u ua ho’o naunau sivi.

‘Oku kau ‘a Nu’usila ni ‘i he ngaahi fonua ‘oku ma’olunga taha ai e kanisā ngākau lahi ‘i māmani.

Ko e kanisā ngākau lahi ‘oku ‘ikai fa’a ‘i ai hano ngaahi faka’ilonga. Ka ‘oku tokoni ‘a e sivi ngākau lahi ki hono ‘ilo’i kei taimi ‘a e kanisā mo faito’o ke sai. ‘Oku malava ke ‘ilo mei ai ha toto ‘oku ‘asi ‘i ho’o tu’umama’o (poo) ‘a ia ‘e malava pe ke tala ko e faka’ilonga ia ‘oku ‘i ai e palopalema ‘oku hoko.

‘Oku hā ‘i he ngaahi fika mei he ‘emau polokalama sivi ngākau lahi ko e toko 7 ‘i he toko 10 kotoa pe tenau ma’u e kanisā. Ko e kanisā ngākau lahi ‘oku ‘ikai ke toto ma’u pe, ‘i he ‘ene pehē ‘e lava ke puli pe kanisā ‘o ‘ikai fakatokanga’i. ‘Ikai ngata ai, ka ‘e malava e kanisā ke tupu ‘i he vaha’a taimi sivi. Makatu’unga he ngaahi ‘uhinga ko eni ‘oku mahu’inga ai ke fakahoko fakata’u ua ma’u pe sivi ngākau lahi mo talatala ki ho’o toketā kapau ‘oku ke fakatokanga’i ‘oku ‘asi ha ngaahi faka’ilonga ‘o e kanisā ngākau lahi ‘oua toe toloi.

Ko e ngaahi faka’ilonga angamaheni ‘o e kanisā ngākau lahi ‘oku kau ai e:

- liliu e angamaheni ‘a ho’o tu’umama’ó ‘o laui uike.
- toto ‘i ho’o tu’umama’o.

Neongo ko e ngaahi faka’ilonga ko eni ‘oku malava ke fakatupu ‘e ha ‘ū me’a kehe, ka ‘oku mahu’inga ke fai ha ngāue ki ai ‘a ho’o toketā.

Ko e hā e ngāue ‘a e sivi ‘oku faí

**‘E malava ‘e he ki’i sivi faingofua ni
‘o fakahaofi ho’o mo’ui!**

‘E ‘oatu pe naunau sivi ki ‘api na. Fai ho’o sivi ‘i he faingamālie vave taha. Kapau he ‘ikai te ke fai e sivi ‘i loto he māhina ‘e ono ‘e ta’e’aonga e naunaú pea ‘e fiema’u ke ke sivi fo’ou.

‘Oku faingofua pe hono fai ‘o e sivi ngākau lahi.

- Ngāue’aki e ki’i va’akau ‘oku ‘oatú ‘o heu’i ‘aki ha me’i tee pe sample mei ho’o tu’umama’o (poo). Fakahū e va’akaú ki he ki’i fo’i hiná ‘o meili’i mai he sila ne fa’o atu ‘i he naunau.
- ‘Oku ‘oatu e naunau sivi fakataha mo e fakamatala mahino ngofua ke fai’aki e sivi.
- Feinga ke meili’i mai ‘a e me’i tee pe sample ‘i he ‘aho na’e to’o ai, pe ko e ‘aho hokó.

Ola ho’o sivi

‘E ma’u atu e ola ho’o sivi ‘i loto he uike ‘e tolu mei he ‘aho na’e meili’i mai ai ho’o sivi.

‘E ‘oatu ha tohi fekau’aki mo e ola ho’o sivi, pea ‘e malava pe ke ke fetu’utaki ki ho’o toketā pe neesí ‘o vakai.

Kapau he ‘ikai te ke ma’u e ola ho’o sivi ‘i loto he uike ‘e tolu, kātaki ‘o tā mai ki he 0800 924 432 pe ‘imeili **info@bowelscreening.health.nz**

Nekativi e ola

Kapau ‘e nekativi e ola ho’o sivi ‘e ‘ikai fiema’u ke ke toe fai ha me’a he taimi ni. Fakapapau’i ke fai ho’o sivi hokó ‘i hono meili’i atu ‘a e naunaú hili ha ta’u ‘e ua.

Sio ki ho’o toketā ‘oua toe toloi kapau ‘oku ‘asi ha ngaahi faka’ilonga ‘oku liliu e angamaheni ho’o tu’umama’ó ‘o laui uike, pe ‘asi ha toto ‘i ho’o tu’umama’o (poo) - ‘oua ‘e tali ki ho’o taimi sivi hokó.

Positivi e ola

Kapau ‘oku positivi e ola ho’o sivi ‘oku ‘uhinga ia ‘e fiema’u ke hoko atu ‘a e sivi. Ko e angamaheni ko e sivi colonoscopy.

‘Oku ‘ikai ‘uhinga ‘a e positivi e olá ‘oku ma’u koe ‘e he kanisā ngākau lahi.

‘Oku ma’u atu e ngaahi fakamatala lahi ange fekau’aki mo e positivi e olá ‘i he **timetobowelscreen.nz**

‘Oku ‘ikai sai e sivi ngākau lahi ki he tokotaha kotoa

Kapau te ke fakatonuki ha taha ‘o e ‘ū puha ko ení talanoa ki ho’o toketā pe tā mai ‘i he fika ta’etotongi **0800 924 432**. ‘Oku malava pe ke ‘ikai sai e sivi ngākau lahi kia koe.

-  ‘Oku ou ma’u e taha ‘o e ngaahi faka’ilonga ‘o e kanisā ngākau lahi - sio ki ho’o toketā ‘oua toe toloi.
-  Na’a ku ‘osi fai e sivi colonoscopy ‘i he ta’u ‘e 5 kuohilí. Kātaki ‘o tā mai koe’uhi kemau toe fakaafe’i koe ‘i he kaha’u.
-  ‘Oku ou lolotonga kau ‘i he polokalama sivi fuofua (polyps) pe sivi kanisā ngākau lahi.
-  Na’e ‘osi ma’u au he kanisā pe ‘oku ou lolotonga faito’o kanisā ngākau lahi.

Na'e faito'o au 'o to'o e ngākau lahi.

'Oku ma'u au 'e he ulcerative colitis pe Crohn's disease.

Ko e hā e kanisā ngākau lahi?

- 'Oku toe 'iloa pe kanisā ngākau lahi ko e kanisā colon, rectal pe colorectal cancer.
- Ko ho ngākau lahi ko e kongā ia 'o e halanga kai (digestive system). 'Oku fa'u 'aki a e ngākau si'i, ngākau lahi (colon), mo e mui (rectum).
- 'Oku kamata 'a e kanisā ngākau lahi mei he fakautuutu e tupu mofele 'a e sela (cells) 'o 'ikai lava ke ta'ofi.
- 'E malava ke tupu e sela (cells) 'o hoko ko e fo'i fuofua (polyp) pea malava ke tupu e ngaahi fo'i fuofua (polyps) ko e kanisā hili ha ngaahi ta'u.
- 'E lava ke fuoloa kimu'a pea tupu mo mofele 'a e kanisā ki he ngaahi kongā kehe 'o e sinó.
- 'E tokoni 'a hono toutou fai e sivi ngākau lahi kia kinautolu 'oku 'asi ai e ngaahi faka'ilonga, ke nau fekumi ki ha faingamālie ke faito'o ai e kanisā ngākau lahi kei taimi ke sai.

Ki ha ngaahi fakamatala toe lahi ange

- Hū ki he **timetobowelscreen.nz**
- Telefoni ta'etotongi **0800 924 432**,
Monite ki he Falaite, 8am-6pm
- 'Imeili **info@bowelscreening.health.nz**

Ko e fakamatala fekau'aki mo kinautolu 'oku 'atā ki he ngaahi tokoni fakapa'anga 'a e potungāue mo'uí vakai ki he uepisaiti 'a e Health New Zealand | Te Whatu Ora pe tā ki he **0800 924 432**

Ngaahi lea kehe mo e fōmeti

Ko e tohi fakamatala ko ení 'oku malava ke ma'u atu ia he fōmeti tatau 'i he ngaahi lea kehe ko eni:

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

Hulu e QR code pe hū ki he **timetobowelscreen.nz**

