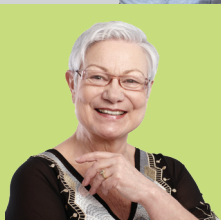


KIRIBATI



Te kabwarabwara ibukin katarataran te kanoan nano bowel screening

timetobowelscreen.nz



Te Whatu Ora
Health New Zealand

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

**Time to
screen**

National
Bowel
Screening
Programme

Aei te booki ibukin rongorongon te bowel cancer ao te bowel screening, ba buokam ni karaoa am babaire ngkana ko tangiria ni karaoa kanoan te buroukuraem ae akea boona ae te National Bowel Screening Program.

Man karaoan te tutuo ni katoa tai e kona ni moantaai n noraki te bowel cancer ngkana iai, ao man kona ni bwain aorakiaki, ao ni kaota te rongorongon ibukin raoiroin ke buakakan karaoan te tutuo ae te bowel screening.

! Ngkana ko tangira riki tabanin rongorongona:

- nakon are **[timetobowelscreen.nz](https://www.timetobowelscreen.nz)**
- tarebonia 0800 924 432 akea boona
- imeeri nakon **info@bowelscreening.health.nz**
- ke taetae ma am taokita.



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Tera te buroukuraem ae te National Bowel Screening?

Aei te buroukuraem ae akea boona ni buoka aron kuneakin te bowel cancer.

E karaoaki te buroukuraem aei ni katoa uoua te ririki nakoia mane ao aine ae 60 nakon 74 aia ririki ni maeu aika e tauraoi mwanenakin boon tararuan mauria ao aorakia.

Te koraki n aomata ae a butimaeaki n ira karaoan te waaki aei e na roko aia:

- **reta ni kaongoaki**
- **te booma ibukin aia kariaia**
- **te bowel screening kit ae akea boona, ao te kaetieti ibukin aron kabonganana.**

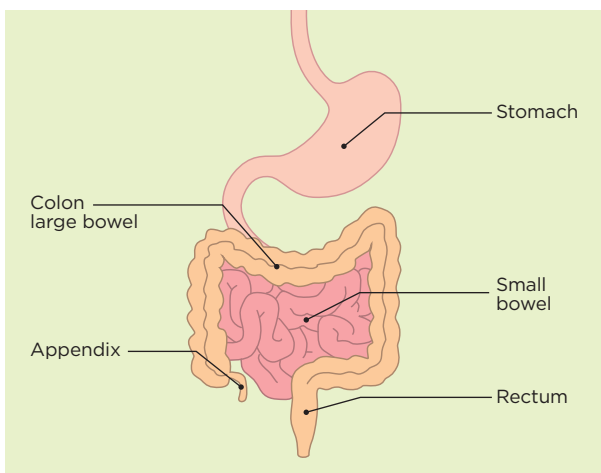
E karaoaki te tutuo iaan mwengam ao e bebete aron karaoana.

E kona n noraki iaon te website te rongorongo ibukia aomata aika a katauaki n reke irouia te ibuobuoki ibukin mwanenakin boon tararuan mauria ao aorakia: www.tewhatuora.govt.nz ke tareboonia **0800 924 432**.

Ngkana ko aki tangiria n ira te waaki ibukin te National Bowel Screening Program, taiaoka tarebonira iaon **0800 924 432** akea boona ao kaongoira.

Tera te bowel?

Te bowel bon rabwatan te kanoan nano (food digestive system). E toma ma te stomach nakon te anus (bottom) and e buoka kaotinakoan te bwai ae buakaka (te nakotaari) man te rabwata. Te kanoan nano aei (bowel) e katoma te small bowel ao te large bowel (colon) ao te rectum.



Tera te bowel cancer?

E aranaki te bowel cancer ba te colon, rectal or colorectal cancer.

E moan riki te Bowel cancer ngkana e rikirake te cells are inanon te bowel n akea tokina. E kona ni bitaki te cells anne nakon te polyp (growth) ao tabeua taian polyps a kona ni bitaki nakon te cancer inanon tabeua te ririki.

E nakon tabeua te ririki manin te cancer n rikirake ao man butanako nakon bwain rabwatam tabeua.

Karaoan te tutuo ae te bowel screening ni katoa tai, irouia aomata aika aki namakina te kanikina, e moantaai ni buoka kuneakin ao katokan te bowel cancer n te tai ae waekoa.

Tera taian kanikina n te bowel cancer?

Taian kanikina aika a kaoti ni mwaitin te tai n te bowel cancer n aron aikai;

- e bitaki te tai ae ko tanneiai iai n nakotaari (bowel) inanon tabeua te wiiki.
- lai te raraa ibuakon nakotaarim (bowel motion)

A kona n noraki taian kanikina aikai man aekan aoraki tabeua. **E rangin kakawaki ba e na tuoaki taian kanikina aikai iroun am taokita.**

E tabangaki reken te bowel cancer?

Nutiran ngaia te aba n te aonnaba ae te kabanea n rietata mwaitia aika e reke irouia te bowel cancer. Te Bowel cancer ngaia te kauoua n rietata n te aoraki ae te cancer ae a mate iai kain Nutiran. N te tai aei ao e raka iaon 3300 mwaitia aomata ae a kuneaki n reke irouia te bowel cancer ni katoa ririki ao e raka iaon 1200 mwaitia aika a mate man te aoraki aei.

Antai aika e korakora riki rotakia?

Te Bowel cancer e tatao n reke irouia aomata aika e raka iaon 60 aia ririki ni maeu, ao e tatao n reke irouia mane ni kabotauaki ma aine.

Ko kona ni kauarerekea rikiraken te bowel cancer man karaoan aikai:

- man kanakin amwarake ae raoiroi ibukin marurungin rabwatam n aron taian uanikai ma banikai ao amwarake ae korakora iai te fibre
- man karaoan te kakamwakuri ni kamarurung
- n aki moko.

Ngkana ko a tia n reke ao ni korakora te inflammatory bowel disease, ke iai am utu ae e a tia n reke irouna te bowel cancer, ao e kona n ae ngkoe temanna ae ena kona ni korakora rotakim ao ni kai reke te bowel cancer iroum (nora pages 9-10).

Bukin tera ngkai e kakawaki karaoan te bowel screening ni katoa tai?

E kona n akea te kanikina ae kaoti ngkana iai iroum te bowel cancer. E ngae n anne, te tutuo ibukin te bowel screening ni katoa uoua te ririki e kona ni buoka kamanoan maeum.

! Ngkana e reke iroum kanikinaean te bowel cancer n te tai ae aki akaaka, e kakawaki ba kona maroro ma am taokita.

Tera te tutuo ae te bowel screening?

Te tutuo ae karaoaki iroun te National Bowel Screening Program bon te faecal immunochemical test (FIT). E kona n nora mwin ke taribiribin kanikinaen te raraa ni kaoti ibuakon nakotaarim (bowel motion, poo). Man kaotin aei, e anga te kauring ba iai te bai ae riki ae aki raoiroi n am bowel. Ko karaoa tuoan aei bon iroum iaan mwengam.





Te tutuo aei akea boona ao e bebete man tawe aron karaoana bon iroum iaan mwengam

E kangara arou ni karaoan te tutuo?

Karaoa te tutuo aei n te tai ae angaraoi. E kakawaki ba kona karaoa te tutuo aei inanon onoua te namakaina n te tai are e reke iroum am kete (test kit). E aki kona ni butimaeaki ao ni karaoaki mwin taian tutuo ngkana e a bakanako taina.

Ibukin karaoan te tutuo, ko riai:

- n rikoa teutana te nakotaari man am poo ni kabongana te test stick, ao ni karinna inanon nnena (tube)
- karina te sample inanon te zip-lock bag ao n korea bongin namakaina ao ni kanoa te booma ibukin te kariaia (completed consent form)
- Kanakoa n te post n te tai ae waekoa n te reply-paid envelop ae ko anganaki.

Kawakina te tiambo (sample) n te tabo ae nubono man mwau ao abue. E aki riai ni karinaki inanon te aitibaoki. Kanakoa am tutuo n te bong naba anne ke n te bong are imwina ba e kona n buakaka mwin am tiambo (test samples) ngkana iai te iremwe.

E karaoaki te screening ibukia aomata ae akea te kanikina n oti irouia.

! Mwaitia aomata ae man 60 nakon 74 aia ririki ni maeu ao akea te kanikina ni kaoti irouia n te aoraki ae te bowel cancer a kona ni karaoa te tutuo ae te bowel screening test.

Antai aika a riai n taetae nakon aia taokita?

Tabeman aomata e korakora riki rotakia ao ni kakai reke irouia te bowel cancer.

Taian kanganga ae karika waekoan rekena iroum bon man aikai:

- Uoman ke e raka iaon uoman mwaitia kain am utu man am itera ni kauoua ae e a tia n reke te bowel cancer irouia
- Iai kain am utu ae ko rangin kaan ma ngaia ae e tuoaki n reke te bowel cancer irouna ngke e uarereke (iaan 55 ana ririki ni maeu)
- Iai iroum ma am utu ataakina ke kanamakinana ba iai rikiaia ke raraam ni bowel cancer syndrome inanon te utu.
- E a tia n reke te inflammatory bowel disease ae korakora iroum n aron te ulcerative colitis, inanon te tai ae maan n raka iaon 10 te ririki.

Ngkana iai iroum teuana mai ibuakon taian kanganga aikanne (risk factors) ao ko riai ni maroro ma am taokita n te tai are ko kawaria iai.

Ko riai ni karaoa te tutuo ibukin te bowel screening test, e ngae ngkana iai teuana mai ibuakon te kanganga (risk factors) ae reke ke ni kaineti nakoim.

Antai te koraki ae aki riai ni karaoa te tutuo ae te bowel screening?

E aki karaoaki te tutuo ae te Bowel screening nakoia aomata ni kabane. Ko aki riai ni karaoa te bowel screening program ngkana ko:

- lai kanikinaean te bowel cancer (nora page 6)
- ko a tia ni karaoa te colonoscopy inanon nimaua te ririki n nako
- ko toka iaon te bowel polyp ke bowel cancer surveillance program
- ko a tia, ke ko tabe ni katokaki ao ni kamaoaki aorakim ibukin bowel cancer
- e a tia ni kanakoaki am large bowel
- iai iroum te aoraki ae te ulcerative colitis ke Crohn's disease ae tabe ni maeu
- ke tabe ni kawara am taokita ni maroro ibukin am kanganga ke bowel problems.

Ngkana ko aki raoi koaua ba e raoiroi ibukin te bowel screening, ko kona ni maroro ma am taokita.

Ngkana ko a tia ni karaoa te colonoscopy inanon nimaua te ririki n nako ao akea manga taorimwian karaoan aei ae e a tia ni baireaki ibukim, taiaoka kaongoira. Ti na weteiko ba kona manga ira te waaki aei (program) ngkana ko kariaiakaki ni karaoia, nimaua te ririki man te tai are e karaoaki iai am colonoscopy. Ko kona n tarebon nakon **0800 924 432** akea boona.

E na kangara n reke mwin au tutuo (result)?

lai ae ena reitaki nakoim ni kaongoko mwin am

tutuo (result) ao ni kabwarabwara mwina nakoim. E na kona n tareboniko am taokita ke te neeti.

Ningai ae ena reke iai mwin au tutuo (result)?

E na roko iroum mwin am tutuo (result) inanon teniua te wiiki man te tai are ko a tia ni bane ni karaoa te bowel screening ao ni kanakoa mwina. Ngkana e aki reke mwin am tutuo (result) inanon teniua te wiiki, taiaoka tarebon nakon te National Bowel Screening Program akea boona n are **0800 924 432**, ke imeeri nakon **info@bowelscreening.health.nz**.

Tera nanon te tutuo ae e negative result?

Ngkana e oti mwin am tutuo ba e negative result nanona ngkanne ba ko aki tangira te manga tutuo ibukin karaoan te kakae n te tai aei.

E kakawaki kona ataia ba:

- te tutuo ae te screening test e kona n nora mwin te raraa ngkana e kaoti ibuakon te nakotaari ke bowel motion, ao tabeua taian cancer akea te raraa n nako ae kaoti n taai nako. Nanona ba n tabetai e kona n aki noraki te cancer ao ni kuneaki.
- Te bowel cancer e kona n riki imarenan taai aika e karaoaki iai te tutuo ke screening tests.

Aei bukina ae karaon te tutuo screening ni katoa tai e rangin kakawaki. E na roko te kakao nakoim ibukin karaoan te screening ni katoa uoua te ririki, ngkana ko katauaki ni karaoia.

! Ngkana e kaoti kanikinaean te bowel cancer n te tai ae aki akaaka, e rangin kakawaki ba kona taetae ma am taokita.

Tera nanon te tutuo ae e positive result?

Ngkana e positive result mwin am tutuo tiaki nanona ba iai iroum te bowel cancer.

Te tutuo ae te screening test e kona n noraki mwin taribiribin te raraa aika uarereke ni kaoti ibuakon nakotaarim ke bowel motion (poo).

E riki ni kaoti taian raraa ae uarereke man taian polyps (growths) ke man aoraki tabeua n aron te haemorrhoids (piles), ae a kona ni katokaki man bwain aoraki.

Taian polyps tiaki te cancer, ma a kona ni maeu n riki ba te cancer inanon ririki aika mwaiti. Korakoran mwaitin taian polyps e bebete aron kanakoana ke ni koutaki n te colonoscopy, ni kauarerekea te kabuanibai n reken te bowel cancer.

Ngkana mwin am tutuo e positive nanona ngkanne ba ko riai ni karaoa riki taian tutuo (tests) ibukin te karaoan te kakae ae tabanin. Aei e karaoaki n te colonoscopy (nora page 13). Te colonoscopy e kona ni kunea te bowel cancer n te tai ae e moana rikina iai, ao man kona ni katokaki n te bwain aorakiaki nte tai ae waekoa.

Am taokita ke te neeti ae ena reitaki nakoim ni maroroakina mwin am tutuo (results) ao tera aekakin te tutuo ae ena karaoaki ao man raoiroi ibukim.

Ngkana iai rikiam inanon am utu n reke te aoraki ae te bowel cancer, ko kona n tuangaki ba kona maroro ma am taokita, ke ni kanakoaki nakon te New Zealand Familial Gastrointestinal Cancer Service.

Tera ae e karaoaki n te colonoscopy?

Te colonoscopy e karaoaki irouia taani mwakuri ibukin te kuakua ae bane aroia n rabakau ibukin te itera aei ao a karina te tube man am anus (bottom). Iai te kain rawetamnei ae uarereke (small camera) ae nim itabon te tube ao e kabonganaki n kataratara te kanoan nano ke bowel lining, n noria ngkana iai te kanganga ae riki nakon kanoan nanom. Te colonoscopy e kona ni kunea ngkana iai te polyps ke cancers ni kaoti ao ni maeu.

E anaaki te tiambo (sample) ae uarereke ke te biopsy ngkana e kuneaki te cancer, ao a bane ni koutaki ni kamwawaki taian polyps ngkana a maeu ao ni kuneaki. Taian tiambo (samples) ke polyps aike a koutaki ni kamawaki a kanakoaki nakon te laboratory ibukin te analysis n tuoaki ibukin te cancer.

Taian polyps tiaki te cancer, ma a kona n bitaki nakon te cancer inanon ririki aika bati. Koutakin ke kamwawan taian biopsy ke polyps e aki kamaraki.

E nakon 7 ni katoa 10 mwaitia aomata ae a tia ni karaoa te colonoscopy man te waaki ae te National Bowel Screening Program ae iai irouia te polyps, ao ngkana a koutaki man kamwawaki ao e kona n totokoa maeun ke rikiraken te cancer.

E nakon 7 man 100 mwaitia aomata ae a tia ni karaoa te colonoscopy man te waaki ae te National Bowel Screening Program ae a kuneaki n reke irouia te cancer ao mwaiti te koraki aei a kainanoa katokana n te bwain aoraki.



Iai te kanganga (risks) ae e kona n riki man karaoan te colonoscopy?

E kantaningaki te Colonoscopy ba e mano man raoiroi karaoana. E ngae n anne, n aron mwaitia taian waaki ni katoki aoraki, e kona n reke te kanganga n taai tabetai. E uarereke reken te ananga ni kabuanibai man karaoan te mwakuri n colonoscopy, ke koutakin ao kamwawan te polyps e kona ni korakora iai te raraa ke n uruaki am bowel ao kona bae ni kainanoa katokana ma te bwain aoraki ae bati.

I riai ni kabwaka boon te mwakuri ibukin te colonoscopy, ke taian tutuo ma bwain aoraki ao katokana?

Ngkana ngkoe temanna ae ko kariaiakaki ba kona ira te waaki ibukin te National Bowel Screening Program, karaoan te colonoscopy n ikotaki ma te



manga tutuo ao katokana ian te public health system a bon aki kaboaki.

Tera ae ena karaoaki ngkana iai irou te bowel cancer?

Ngkana ko kuneaki n reke iroum te bowel cancer kona kanakoaki ba kona nora te bakuaku ibukin te aoraki anne (specialist). Te mwakuri ibukin katokan te bowel cancer bon te korokoro (surgery). N tabeua taian keiti e karaoaki te chemotherapy ke te radiotherapy ae e baireaki ba ena karaoaki nakoim.

Tera waekoan ao bebeten katokan te bowel cancer ngkana e bwain aorakiaki?

Taian aomata ae a kuneaki n reke irouia te bowel cancer ni moantaa e korakora riki waekoan tokin aorakia man te bwain aoraki are e katokaki iai. Ngkana e a tiba kuneaki te cancer imwin te tai ae man, ke n roko ni korakorana, e na rangin kanganga ao ni matoa aron katokana.

A bane n reke taian rongorongo ae I kainanoia?

E rangin kakawaki ba kona mataata raoi n taekan te tutuo ae te bowel screening imwain ae ko kaotinakoa am babaire ba ko na ira buakon te waaki ae te National Bowel Screening Program ao ni karaoa te tutuo ae te screening test.

Ibukin tabanin rongorongon te National Bowel Screening Program:

- Nakon are [timetobowelscreen.nz](https://www.timetobowelscreen.nz)
- Tarebonia **0800 924 432** akea boona
- Imeeri nakon info@bowelscreening.health.nz

Antai ae e kona nora rongorongou?

Te rongorongo ibukin karaoan te katautau (assessment) ke ibukin katokan te aoraki ae ko kainanoia ana rikoaki man te public ao private health services ao ana kabonganaki ibukin taran (monitor) ao kaetan (evaluate) te mwakuri ni kabutan te National Bowel Screening Program.

Rongorongom ao taekam ae a rikoaki, a kawakinaki ao man kona n noraki ao ni kamaunaki iaan te kaetieti ae tabangaki karaoana ni ira tuan te Privacy Act 2020.

Ngkana I aki kukurei n te mwakuri ae I anganaki ke karaoaki, tera kawain tabekan au tangitang?

Te Code of Health and Disability Services Consumers' Rights e kariaia ba kona karokoa am tangtang ni kawaina ae riai man raoiroi ibukim.

Ngkana ko tangiria ni karaoa am tangtang ibukin te program ke man te mwakuri ae ko anganaki, ko kona n tarebonia te National Bowel Screening Program iaon **0800 924 432**, ke imeeri nakon **info@bowelscreening.health.nz**, ibukin tabanin rongorongona n ataia ba tera kawaina ae te kabanea n tamaroa ibukim.

Ko kona naba ni karekea te rongorongona man te Office of the Health and Disability Commissioner. Tarebonia **0800 112 233** ke nakon are **www.hdc.org.nz**



Rongorongona riki

Ibukin rongorongon riki te National Bowel Screening Program:

- taiaoka nakon [timetobowelscreen.nz](https://www.timetobowelscreen.nz)
- tarebonia **0800 924 432** akea boona
- imeeri info@bowelscreening.health.nz
- ke taetae nakon am taokita.

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



National
Bowel
Screening
Programme

Te Whatu Ora
Health New Zealand

Te Kāwanatanga o Aotearoa
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