



Tau fakamaamaaga haggao ia ke he tau tivi he hala fakavao (bowel)

timetobowelscreen.nz



Te Kāwanatanga o Aotearoa
New Zealand Government

Time to screen

National Bowel Screening Programme

Ko e tohi nai ha hā i ai e tau fakamaamaaga fakalaulahi hāgao ke he gagao he hala fakavao bowel cancer mo e tau fakamaamaga ke he tau tivi he hala fakavao bowel screening. Talaga e pepa nai ke lagomatai a koe ke fifili ko e talia nakai a koe ke putoia ke he Fakaholoaga Tivi he hala fakavao bowel he motu nai (National Bowel Screening Programme) nakai fai totoi.

Lagomatai he tohi nai ke fakamaama kia koe e mahuiga ke taute e tivi he hala fakavao, ke kitia ko e fai fakakiteaga gagao bowel cancer nakai e tino haau. Maeke ke fai lagomatai mafiti kaeke kua iloa tuai kua fai fakakiteaga gagao bowel cancer a koe kaeke kua taute tuai e tau tivi.



Ka manako falu a tau fakamaamaaga:

- finatu ke he kupega hila timetobowelscreen.nz
- vilo atu e numela 0800 924 432 nakai fai totoi
- fakafano atu e imeli hila ke he info@bowelscreening.health.nz
- poke tutala ke he ekekafo haau.



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Ko e heigoa e fakaholoaga tivi he hala fakavao National Bowel Screening Programme?

Ko e fakaholoaga nai nakai fai totogi, taute pauaki ke lagomatai ke moua e tau fakakiteaga he gagao cancer he hala fakavao bowel cancer.

Fa mahani ke taute tumau he tau tau ke uaaki ke lata mo e tau tagata taane mo e tau fifine ne 60 e tau moui ke he 74, ne maeke ke moua e tau lagomatai faahi malolō tino.

Ko lautolu ne kua tonuhia ke putoia ke he fakaholoaga nai to fakafano atu e:

- **tohi uiina.**
- **laupepa ke moua e fakamooliaga.**
- **taha puha tivi e hala fakavao (bowel screening kit) mo e tau fakamaamaaga he puhala hako ke taute aki e tivi.**

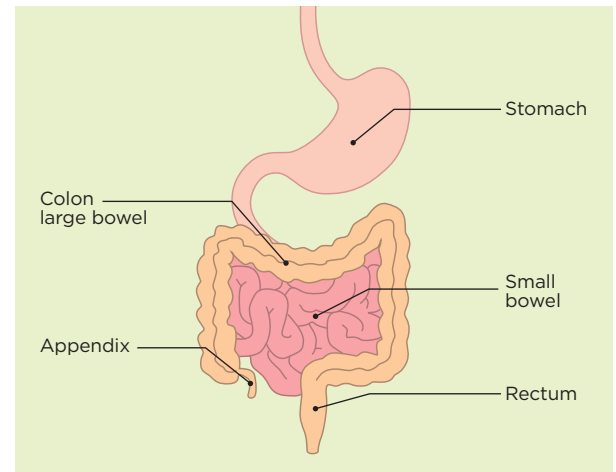
Ko e tivi taute ni e koe ke he kaina haau ti mukamuka lahi ke taute.

Tau fakamaamaaga fakalauhlahi ko hai ne kua tonuhia ke moua e tau lagomatai faahi malolō tino maeke ia koe ke kumi atu ke he kupega hila he Ministry of Health: www.health.govt.nz poke vilo atu e numela foni **0800 924 432**.

Ka nakai manako a koe ke putoia he fakaholoaga tivi he hala fakavao National Bowel Screening Programme, fakamolemole vilo mai a mautolu he numela **0800 924 432** nakai fai totogi ke fakailoa mai kia mautolu.

Ko e heigoa e hala fakavao (bowel)?

Ko e hala fakavao bowel ko e taha vala tino ne tavili e tau mena kai ka folo e koe. Fakapiki mai he manava (stomach) ke he mumui (anus) ti lagomatai ke tavili e tau e tau kele mai he tino ke he puhala he fakavao. Ko e ua la e tau hala fakavao. Ha hā i ai e hala fakavao tote (small bowel), hala fakavao lahi (large bowel colon) mo e rectum.



Ko e heigoa e cancer he hala fakavao (bowel cancer)?

Ko e gagao cancer he hala fakavao (bowel cancer) fakahigoa foki ko e colocolon, rectal poke colorectal cancer.

Kamata e gagao cancer he hala fakavao (bowel cancer) he magaaho ka tupu e tau cells i loto he hala fakavao. Ko e tau cells nai ka tupu mo e totolo kua fakahigoa koe polyp ti maeke he tau polyps nai ke moua ai e cancer he fiha e tau tau.

Maeke ke loa e magaaho he mole to kitia e tau fakamailoga gagao cancer mo e maeke ke totolu ke he tino haau.

Ka taute tumau e tau tivi he hala fakavao haau bowel screening, ke he tau tagata ne nakai fai fakamailoga gagao, maeke ke moua mafiti e tau lagomatai ke tului mafiti e gagao cancer he hala fakavao haau ka iloa mo e kitia tuai.

Ko e heioga e tau fakakiteaga mo e tau fakamailoga he gagao cancer he hala fakavao bowel cancer?

Falu a tau fakamailoga he gagao cancer he hala fakavao bowel cancer maeke ke kitia e:

- fai kehe e logonaaga ke he hala fakavao haau bowel mo e nakai tuga fa mahani.
- kua toto e fakavao bowel haau.

Maeke he tau fakamailogaaga nai ke lauia ai foki falu a tau lekua, **kae mahuiga lahi ke fano ke kitia mo e tutala ke he haau a ekekafo.**

Tokoluga nakai e tau tagata ne fae moua he gagao cancer e hala fakavao bowel cancer?

Ko Niu Silani taha motu ne tokoluga lahi e puke tagata he lalolagi ne moua he gagao cancer e hala fakavao bowel cancer. Ko e gagao cancer he hala fakavao bowel cancer kua numela ua e kakano ne okoki ai e tau tagata i Niu Silani. Magaaho nai, molea e 3000 e tau tagata ne kua fakamooli kua moua he gagao cancer e hala fakavao bowel cancer he tau tau oti, ti molea e 1200 a lautolu ne kua okioki mai ha ko e gagao nai.

Ko hai ne tokoluga lahi e mukamuka ke moua e gagao nai?

Koe e gagao cancer e hala fakavao bowel cancer, tokoluga lahi kia lautolu ne 60 e tau tau moui ki luga ne fae moua, ti mua atu ke he tau tagata taane.

Maeke a koe ke tukutuku hifo e mafiti ke moua e gagao nai koe cancer e hala fakavao bowel cancer kaeke kua:

- mitaki haau a tau mena kai ne kai tuga e kai fakalahi e tau fua lakau, tau vesetapolo mo e fibre.
- faofao tino tumau.
- nakai ula e tau tapaka.

Kaeke kua moua a koe he inflammatory bowel disease, poke fai tagata he magafaoa kua fitā he moua e gagao cancer e hala fakavao bowel cancer, mafiti a koe ke maeke ke moua e tau fakamailoga cancer he hala fakavao bowel cancer.





Mukamuka lahi e tivi ke taute ni e koe ke he haau a kaina mo e nakai fai totogi.

Ko e ha ne mahuiga ai ke taute e tivi he hala fakavao bowel screening?

Neke ha hā i ai e tau fakamailoga kua moua a koe he cancer e hala fakavao bowel cancer. Mitaki ke taute e tau tivi he tau tau ke uaaki ke maeke ke lagomatai ke puipui mo e leveki e tau tino malolō.

! Kaeke kua fai fakamailoga gagao cancer e hala fakavao haau bowel cancer, he ha magaaho taha, mahuiga lahi ke fano ke tutala ke he haau a ekekafo.

Ko e heigoa e fakaholoaga tivi he hala fakavao bowel screening test?

Ko e fakaholoaga tivi nai taute ai he kautaha National Bowel Screening Programme ke tau kumikumiaga tivi ke he fakavao haau faecal immunochemical test (FIT). Maeke ke moua he tivi nai ko e fai toto nakai e fakavao haau bowel

motion. Kaeke kua fai, ko e taha fakakiteaga fakamua a nai kua lialiga fai lekua haau a hala fakavao bowel. Maeke a koe ke taute e tivi ke he haau a kaina.

Taute fefē e tivi?

Taute e tivi he magaaho ka moua e koe e pekete tivi. Mahuiga lahi ke taute e tivi he 6 e tau mahina he magaaho ne moua ai e koe e pekete tivi. Ko e fale ka moua ai e tau fakakatoatoaaga he tau tivi, to nakai maeke a lautolu ke fakamooli e tau tivi kaeke kua molea e tau aho fafati he tivi.

Ke taute e tivi, hanai e tau mena kua lata ia koe ke taute:

- moua mai taha vala sample he fakavao haau bowel motion fakaaoga ai e tama kakau ti tuku i loto he tama lupu tube.
- tuku e sample nai he pekete zip lock, mo e laupepa he fakamooliaga he aho ne taute ai e tivi haau.
- fakafano atu he meli fakaaoga e fagatohi kua fitā he totogi i loto he pekete tivi haau.

Tuku e sample he taha poko ne kua hauhau ato maeke ia koe ke fakahū. Ai lata ke tuku he filisa. Fakahū e tivi haau he aho ia ne taute ai e tivi poke aho hake, he magaaho ne foou agaia e sample.

Ko e tivi nai ke lata tonu mo e tau tagata ne nakai fai fakamailoga gagao.

! Tokologa he tau tagata 60 - 74 e tau tau moui ne nakai fai fakamailoga gagao cancer e tau hala fakavao, kua lata tonu ke taute e tivi he hala fakavao bowel screening test.

Ko hai kua lata ke tala ke he ekekafo?

Maeke falu tagata ne tokoluga e fuafuaaga ke moua he cancer e hala fakavao bowel cancer.

Ko e tau fuafuaaga maeke ke putoia a koe kaeke kua:

- fitā a koe he molea e tokoua e tau tagata he taha e faahi he magafaoa haau kua moua he cancer e tau hala fakavao bowel cancer.
- fai tagata he haau a magafaoa kua fitā he moua he gagao cancer e hala fakavao bowel cancer (i lalo hifo he 55 e tau tau moui).
- ko koe mo he haau a magafaoa kua iloa kua fai fakakiteaga cancer e hala fakavao bowel cancer e taha tagata he magafaoa.
- moua a koe he gagao inflammatory bowel disease, tuga e ulcerative colitis, ke molea e 10 e tau tau.

Kaeke ua fai fakamailoga mo e fuafuaaga pehē nai a koe, kua lata ia koe ke tutala ke he haau a ekekafo.

Mahuiga agaia a koe ke taute e tivi he hala fakavao haau bowel screening test, pete ni ka taha poke ua e tau fakamailoga fuafuaaga nai kua kitia e koe ke he haau a tino

Ko hai kua nakai lata ke taute e tivi he hala fakavao bowel screening test?

Tivi he hala fakavao haau kua nakai hataki ke taute he tau tagata oti. Kua nakai lata a koe ke putoia ke he fakaholoaga tivi bowel screening programmed kaeke kua:



- fai fakamailoga cancer e hala fakavao haau bowel cancer.
- fitā a koe he taute e puhala colonoscopy he lima e tau tau kua mole.
- ko koe taha he tau tagata ne putoia ke he fakaholoaga bowel polyp mo e bowel cancer surveillance programme.
- fitā a koe he fakamooli kua moua he gagao cancer e hala fakavao poke hane fae moua e tului he magaaho nai.
- utakehe e hala fakavao lahi haau large bowel.
- moua a koe he tau gagao ulcerative colitis poke Crohn's disease he magaaho nai.
- tutala a koe mo e ekekafo haau, hagaao ia ke he tau lekua he hala fakavao haau he magaaho tonu nai. Tutala a koe mo e ekekafo haau, hagaao ia ke he tau lekua he hala fakavao haau he magaaho tonu nai.

Ka nakai iloa mitaki e koe koe kua lata tonu nakai a koe ke taute e tivi ke he hala fakavao haau bowel screening, fano ke tutala ke he haau a ekekafo.

Kaeke kua fitā a koe he taute e colonoscopy he 5 e tau tau kua mole atu ki tua moe fa taute tumau e tau colonoscopies, fakamolemole fakailoa mai kia mautolu. To liu uiina atu e mautolu a koe ke matutaki ke he fakaholoaga nai kaeke kua tonuhia

a koe, 5 e tau mai he magaaho ne taute fakamui e colonoscopy haau. Vilo mai kia mautolu he numela **0800 924 432** nakai fai totogi.

Moua fefē e au e tau fakakatoatoaaga he tivi haaku?

To matutaki atu kia koe ke talaatu haau a tau fakakatoatoaaga he tivi haau mo e ko e heigoa e tau fakatokatokaaga ki mua. To matutaki atu foki e haau a ekekafo magafaoa poke nosi kia koe.

Moua he magaaho fē e tau fakakatoatoaaga he tivi haaku?

To moua e tau fakakatoatoaaga he tivi haau ka mole e tolu e faahi tapu he fakafano e tivi hala fakavao bowel screening kit haau. Ka nakai moua e tau fakakatoatoaaga he tivi haau mo e kua molea e 3 e faahi tapu, fakamolemole vilo e matakau National Bowel Screening Programme he numela foni **0800 924 432**, poke imeli atu ke he info@bowelscreening.health.nz.



Ko e heigoa e kakano kaeke kua nekativi e tau fakakatoatoaaga tivi haaku?

Kaeke kua nekativi e tau fakakatoatoaaga he tivi haau, ko e kakano he mena ia kua nakai fai lakaaga ki mua a koe ne kua lata ke taute he magaaho nai.

Mahuiga lahi ke mailoga:

- ko e tivi ke kumikumi ko e fai toto nakai kua moua mai he fakavao haau, mo e falu magaaho nakai moua mai he tau tivi kua toto e fakavao. Kakano he mena ia maeke ke nakai moua mitaki e tau fakamailoga gagao cancer he falu a magaaho ka taute e tivi.
- maeke he gagao cancer he hala fakavao bowel cancer ke kamata mo e totolo fakaeneene he tau vahālotu he magaaho ne taute ai e tau tivis.

Ko e mena haia ne mahuiga lahi ke taute tumau e tau tivi.

To uiina atu kia koe he tau tau ke uaaki tumau ke taute e tivi kaeke kua tonuhia a koe.



Kaeke kua fai fakamailoga mo e tau fakakiteaga gagao cancer e hala fakavao haau bowel cancer he ha magaaho taha, mahuiga lahi ke vilo fakamafiti atu haau a ekekafo.

Ko e heigoa e kakano ka positivi moe kua fakamooli a koe kua moua he gagao?

Kaeke kua positivi e tau fakakatoatoaaga he tivi haau, nakai pehē tumau kua fakamooli a koe kua moua he gagao.



Maeke he tivi (screening test) ke moua falu a tau fakakiteaaga he toto i loto he fakavao haau.

Ko e tau tama fakakiteaga toto nai, kua laulahi ke fakahigoa ko e polyps (maeke ke tupu), poke falu a tau lekua ikiiki tuga e haemorrhoids (piles), ne maeke ke fai tului ki ai.

Ko e tau polyps nakai ko e gagao cancer, kae maeke ke tupu lahi ke moua e cancer ka mole fiha e tau tau ka nakai kitia tuai. Laulahi he tau polyps maeke ke utakehe fakaaoga e puhala colonoscopy, ti maeke ke tukutukuhifo e totolo he gagao cancer he hala fakavao.

Kaeke kua positivi e tau fakakatoatoaaga tivi haau, to ha hā ia i foki e falu a tau lakaaga ki mua he tau kumikumiaga. Laulahi ko e tauteaga he colonoscopy. Ko e colonoscopy maeke ke kitia mo e moua e fakamooliaga he bowel cancer he magaaho ne tote ai, ti maeke he magaaho nai ne tote agaia e gagao ke fai tului.

Ko e ekekafo haau poke nosi ka matutaki atu kia

koe ke fakatutala e tau fakakatoatoaaga he tivi haau, mo e tau amaamanakiaaga ki mua ke he falu a tau tivi ke lata mo koe.

Kaeke kua fai tagata he magafaoa haau ne kua fitā he moua he gagao cancer e hala fakavao bowel cancer, to hataakai atu kia koe ke fano ke kitia e ekekafo, poke fai matutakiaga ke he New Zealand Familial Gastrointestinal Cancer Service.

Ko e heigoa e colonoscopy?

Ko e colonoscopy ko e tauteaga ka lagomatai ki ai e pulotu ekekafo ke huhulu ai e taha ka (tube) tote ki loto he muimui (anus) haau.

Ha hā i ai taha e tama poki ata tote i loto he ka tube nai ne maeke ke poki viko ke kitia he tau pulotu ekekafo a loto he hala fakavao bowel haau, ke kitia moe moua e maamaaga kaeke kua fai lekua i loto. Maeke he tauteaga colonoscopy nai ke kitia kua fai fakamailoga polyps mo e cancer i loto.

Kaeke kua moua moe kitia kua fai cancer i loto he hala fakavao haau, to fai vala tote sample i loto ka aaki mai (biopsy) ti kaeke kua tupu e tau polyps to maeke foki ke utakehe. Ko e tau sample ka utakehe poke tau polyps to taatu ai ke he fale kumikumiaga fakamakutu (laboratory) ke onoono fakamakutu ki ai ke fakamooli ko e cancer poke nakai.

Ko e tau polyps nakai ko e cancer, kae maeke ke hokotia ke he cancer he tau tau in mua. Ka moua e biopsy poke utakehe e tau polyps, laulahi he tau magaaho nakai logona e koe e mamahi.

7 mai he 10 e tau tagata ne taute e colonocopy kua putoia he tau kumikumiaga National Bowel Screening Programme ne fai polyps, ti ka utakehe mafiti maeke ke taofi e cancer neke totolo.

Fuafua ki ai 7 mai he 100 e tau tagata ne taute e colonoscopy kua putoia he tau kumikumiaga National Bowel Screening Programme ne kua fakamooli kua moua he cancer, ti laulahi maeke ke moua mafiti e tului mo e tauteaga mafiti ki ai.

Fai lekua nakai ka moua mai he tauteaga colonoscopy?

Laulahi he tau magaaho mitaki mo e mahuiga e tauteaga colonoscopy, kae maeke foki ke fai lekua he falu a magaaho ka taute ai e tau tauteaga pehē nāi, tuga ni e falu a tau tauteaga faahi malolō tino.

Maeke foki ka taute ai e tauteaga colonoscopy ka utakehe e tau polyps ka lahi e tafe he toto mo e maeke foki ke fai matematekela ki luga ke he haau a hala fakavao, ti lafi ki luga foki e tau tauteaga faka faahi malolō tino.

Fai totogi ka e tauteaga colonoscopy, falu a tau tivi mo e tau tauteaga fakalaulahi?

Kaeke kua tonuhia a koe ke he kumikumiaga mo e fakaholoaga National Bowel Screening Programme, nakai fai totogi e tauteaga colonoscopy pihia foki mo e tau tivi, tau kumikumiaga fakalaulahi he faahi malolō tino.

Kae kua kaeke kua moua e au mo e kua fakamooli kua moua e au e cancer he hala fakavao bowel cancer?

Kaeke kua fakamooli kua moua a koe he cancer e hala fakavao bowel cancer, to fakafano a koe ke kitia e taha ekekafo kua pulotu ke he faahi nāi (specialist). Ko e tului ke he gagao cancer he hala fakavao bowel cancer ko e iihia (surgery). Falu a tau tagata taute e chemotherapy poke radiotherapy.



Kautū fefē e tau lagatau he tau ekekafo ke tului he gagao cancer he hala fakavao bowel cancer?

Kaeke kua iloa mo e moua tuai kua fai fakamailoga cancer e hala fakavao haau (bowel cancer), lahi e amaamanakiaga ke fai tului mafiti to totolo lahi e gagao. Kaeke kua nakai iloa tuai kua cancer e hala fakavao haau, vihu mo e uka ke moua e taha tauteaga poke tului ha kua lahi e gagao ke he tino.

Kua iloa oti nakai e au e tau fakailoaga ne kua lata ia au ke iloa?

Mahuiga ke moua e koe e maamaaga hokulo hagaao ia ke he gagao cancer he hala fakavao bowel cancer, to putoia a koe ke he fakaholoaga National Bowel Screening Programme ke taute e tau tivi.

Ka manako fakalaulahiaga ke he fakaholoaga National Bowel Screening Programme:

- kumi atu e kupega hila **timetobowelscreen.nz**
- vilo atu e numela foni nakai fai totogi **0800 924 432**
- poke fakafano atu e meli hila kehe **info@bowelscreening.health.nz**

Ko hai ne maeke ke kitia haaku a tau talahauaga poke tau fakailoaga ke he haaku a moui?

Ko e tau fakailoaga kaeke kua lata ke fai tivi lafi ki luga poke tau tului kua maeke ia koe ke taute ke he fale gagao ke lata mae tau tagata oti (public) poke fale gagao (private). Maeke he fakaholoaga nai ke mailoga e tau kumikumiaga kua taute

fakamakutu ke he National Bowel Screening Programme.

Ko e tau talahauaga hagaao kia ko (personal information) mo e tau fakakatoatoaaga he tau tivi ne kua fakamooli ai, to toka moe to utakehe ki lalo hifo he Tohi Fakavē Privacy Act 2020.

Kaeke kua nakai fiafia au ke he tau puhala kua taute e fakaholoaga nai, ko e heigoa haaku ke taute ka manako ke fakakite e tau manatu tupetupe mo e nakai fiafia?

Ko e tau hatakiaga he The Code of Health and Disability Services Consumers' Rights ko e tonuhia haau ke tohi e tohi fakakite haau a tau manatu nakai fiafia mo e tupetupe.

Ka manako a koe ke tohi e tohi nakai fiafia hagaaho ke he fakaholoaga nai mo e tau tauteaga kua taute kia koe, maeke a koe ke vilo atu e kautaha National Bowel Screening Programme ke he numela telefoni **0800 924 432**, poke imeli atu ke he **info@bowelscreening.health.nz**, ke moua e tau fakamaamaaga laulahi.

Maeke foki a koe ke moua e tau fakamaamaaga mai he ofisa Office of the Health and Disability Commissioner. Vilo atu e numela **0800 112 233**, poke imeli atu ke he **www.hdc.org.nz** ke moua e tau fakamaamaaga laulahi.

Tau fakalaulahiaga

Ke moua e tau fakalaulahiaga ke he fakaholoaga
National Bowel Screening programme:

- fakamolemole kumi atu e kupega hila
timetobowelscreen.nz
- vilo atu e numela nai nakai fai totogi
0800 924 432
- poke imeli atu ke he
info@bowelscreening.health.nz

timetobowelscreen.nz



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