

## ME PĒHEA TE KOHIKOHI TAUTAUIRA MŌ TE WHAKAMĀTAU TOTO HUNA I TE TŪTAE

### (HOW TO COLLECT SAMPLES FOR A FAECAL OCCULT BLOOD TEST)

#### Kei te hiahia mātou i ēnei i a koe

E toru ngā tautauira o ō tūtae kua kohia i ngā tikonga e toru i ngā wā tata rawa ka taea tētahi ki tētahi.

#### Me pēhea te takatū mō tō whakamātau

- He pai ake te kai i ngā whiringa kai e rahi ai te weu mō te rua rā i mua i te kohinga, i te houanga kohi anō hoki. Kei roto i ngā kai e nui ai te weu ko ngā huapata pāpapa, ngā pīni, te parāoa patakano katoa, ngā huawhenua kākāriki, ngā nati me ngā kākano, ngā hua mata, paka hoki.
- Kaua e kai i te mīti tōtoto mō te rua rā i mua i te kohinga, i te houanga kohi anō hoki.
- Kia kaua e kai i te rātihi hōiho, te uhikura, te pūputi, te pūpihi, te kōrau, te uwhitea me te merengi rāka mō te rua rā i mua i te kohinga, i te houanga kohi anō hoki. Kei roto i ēnei he whākōkī e kīia ana te peroxidise ka raweke pea i te whakamātau.
- Ko te whāngainga rahi (>250mg) o te Huaora C – e kīia ana hoki te waikawa ascorbic – te pūtake pea o ngā hua kino hē, nō reira kia kaua e kai i ngā rahinga pēnei
- i roto i te 24 haora i mua i te whakarato i te tautauira tuatahi, i roto hoki i te houanga kohi.
- Kia tūpato i a koe e paraihe ana i ō niho kei toto mai ngā pae.
- Whāia ngā tohutohu a tō tākuta mēnā kua tohutohua koe kia kaua e kai waipiro, rongoā ānini me ētahi atu rongoā ārai whakakakā. Ko ēnei pea te pūtake o te toto i te puku, ka whakaputa rānei i te hua e whakaatu ana i te toto huna i te tūtae.

**For all enquires please contact WELLINGTON SCL on 04 381 5900**

*Patient information - Instructions for Occult blood – Maori*