INFORMED CHOICES ABOUT

COLONOSCOPY

ᕿᑐᑕᒪᓐ ᓚᒃᔭᓐᒋᔭᓐ ᑭᓇᑐᑭᕿᓂᒥᑯᐅᓐ

ᐊᐱᒋ ᑭᒋᓄᑕᓚᒃᓐ!

ᐱᒥᓂᔪᐊᓐ ᐅᓄ ᐅᓐᒋᕿᐅᓇᓐ ᕿᑐᑕᒪᓐ ᑲᑭᓇ ᑭᒧ ᒋᔅᑭᒋᑕᒪᒃ ᑭᐅᓐᒋᒥᓯᔭᓐ. ᐅᑊᐅᓂ ᐱᒥᓂᔪᐊᓐ ᐅᓄ ᐅᓐᒋᕿᐅᓇᓐ ᒋᐅᓂᔅᔅᒃ ᑭᓇᓇᑲᒋᐃᑯᔭᓐ. ᑭᐦᐱᓐ ᒪᐦᑭᑭᐅᓐᐃᓂ ᑭᐅᐊᐸᑕᓯᒃ ᐱᓐᒋ ᑲᐅᓐᒋᒥᓯᔭᓐ ᐊᓂᐦ ᑲᐅᓐ ᐅᑊᐅᓂ ᑭᑭᐅᓐᒋᑐᑕᓯᓐ ᑲᑭᓇ ᑭᒧ ᒋᔅᑭᒋᑕᒪᒃ, ᑲᐅᓐ ᕿᑯᓐ ᑕᐃᓇᐸᑕᓯᓄᓐ ᑭᓇᓇᑲᒋᐃᑯᐅᓐ ᑲᔪ ᑭᒋᕿᑯᓇᓐ ᑲᐅᓐ ᑕᐅᐊᓐᒋᑲᒐᓯᐊᓐ. ᒪᑭᓂ ᒥᓇᐊ ᑕᓇᐱᑐᒋᑲᒐ ᑭᓇᑐᑭᕿᓂᒥᑯᐅᓐ. ᐊᐱᒋ ᓇᓂᔅᓂᔭᒪᑲᓐ ᓇᑐᑭᕿᓂᒥᑯᐅᓐ ᑭᐦᐱᓐ ᑲᐅᓐᒋᒥᓯᔭᓐ ᑭᐸᐦᑭᓄᒃ ᑭᒧ.

ᒪᐦᑭᑭᐅᓐ ᕿᓇᑐᑭᕿᓂᒥᒃ ᒪᑭᓂ ᑲᒥᓂᒃ ᐸᑲᓐ ᒋᑐᑕᒪᓐ ᒋᐅᑲᔭᓐᒋᔭᓐ. ᐱᒥᓂᔪᐊᓐ ᐃᓂ ᑭᐦᐱᓐ ᐸᑲᓐ ᐃᔅᐃᓐᒋᕿᒪᑲᒃ ᐱᒋᐃᓐ ᐅᐅᒪ ᒐᐸᔅᐦ ᑲᓂᐅᔅᐱᐃᑲᒐᑭᓐ.

ᓂᑕᒻ 1 ᑐᑕᒧᐃᓐ. ᐯᔅᑯᑕᐊᐃᒐ ᒋᐸ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᕿᑯᐃᓐ ᒥᒋᓇᓐ ᒪᓐᑕᒥᓇᓐ, ᐢᓚᒃᔅ, ᐸᐱ, ᓴᔅᒥ ᒥᓂᑲᓇᓐ, ᐸᑲᓇᒃ, ᑭᑯᐱᒥᒐ, ᕿᒪ ᒪᐦᑭᑭᓐ ᑲᑕᑯᓂᑲᒐᒃ ᐊᔾᔨᓐ ᑕᑯ ᒥᒋᒥᑲᓐ ᑲᑕᑯᓂᑲᒐᒃ ᐊᔾᔨᓐ.

ᓂᓂᔪ 2 ᑐᑕᒧᐃᓐ. ᓄᒪᕿ ᑭᔅᑲᓐᐊᓐ ᒋᐸ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᐃᔪᓐ ᒪᐦᑭᑭ ᐊᑕᐃᑲᒥᑯᒃ ᐊᑕᐃᒋᓐ ᔪᐳᓯᑲᓐ ᑲᐃᓇᐃᒃ ᒋᐊᐸᒋᑐᔭᓐ. ᑲᐃᓐ ᐱᔭᓐ ᒪᐦᑭᑭᐃᓐ ᐅᑲᐅᔅᐱᐊᓯᓐ ᒋᐃᑭᑐᑦ ᒋᒥᓂᑯᔭᓐ ᔪᑯᒡ ᑲᓇᐃᒋᑲᒐᑐᒃ ᑲᑕᓇᓄᑭᐃᑦ ᒪᐦᑭᑭ ᐊᑕᐃᑲᒥᑯᒃ. ᑲᐃᑊᒡ ᒪᐦᑭᑭᓐ ᑲᐊᓄᑲᑕᒃ. (ᒪᑭᓂ ᑭᒪᐦᑭᑭᐃᓂᒻ ᑕᐃᑭᑐ ᐸᑲᓐ ᔪᐳᓯᑲᓐ ᒋᐊᐸᒋᑐᔭᓐ ᐱᒋᐃᓐ ᒐᐸᔅᐦ ᑲᐅᔅᐱᑲᒐᑭᓐ. ᐱᒥᓂᔪᐊᓐ ᑲᑭᔅᐃᓐᑕᒪᐃᒃ ᑭᒪᐦᑭᑭᐃᓂᒻ ᕿᑐᑕᒪᓐ.)

- ᐯᔅᑯᒪᑲᒃ ᐅᔅᓐᐊᓵᓐ Bi-Peglyte. ᒪᑲᒃ ᑖᑯᓐ 2 ᑲᐦᑭᐱᒋᑲᓇᓐ ᒦᓲ ᒪᐦᑭᑭ ᒦ ᑭ ᐦᑳ ᑭᓂᑲᐃᓇᓐ ᐃᒋ-ᓂᐱ ᐅᔅᑑᓐ ᓃz" 1L PegLyte ᒪᐦᑭᑭ ᓄᑳᑲᒥᓐ. ᒪᑲᒃ ᐊᔅ ᑖᑯᓐ 3 ᒪᐦᑭᑭ ᐯᐋᑯᒥᓇᑲᒃ.
- ᑭᒪᐦᑭᑭᐃᓂᒻ ᑕᐃᑭᑐ ᑯᑕᒃ ᒋᐊᐸᒋᑐᔭᓐ ᔪᐳᓯᑲᓐ ᑕᐱᐦᑯ CoLyte, PegLyte, KleanLyteᕿᒪ Pico-Salax ᒥᐦᑲᒃ ᒋᐊᐸᒋᑐᓯᐊᓐ ᒋᐱᐃᓐ ᐃᐃᐃᐅ “Bi-PegLyte”. **ᐊᐸᒋᑐᓐ ᔪᐳᓯᑲᓐ ᑭᒪᐦᑭᑭᐃᓂᒻ ᑲᑭᐃᓐᑕᒪᐃᒃ ᒋᐊᐸᒋᑐᔭᓐ.**
- ᐊᓂᑦ ᐅᓇᓇᑦ ᐅᒪᔅᐦᑯᓇᐊ ᑭᐅᑕᐱᓇᒧᐊᑦ ᔪᐳᓯᑲᓂ. ᒪᑭᓂ ᑭᑕᐅᑕᐱᓇᓐ ᔅᔅᑲᑯᐅ ᒪᐦᑭᑭ ᑕᐱᐦᑯ Gravol ᑲᐃᒋᑲᒐᒃ. ᒪᐦᑭᑭᓐ ᑲᐊᓄᑲᑕᒃ ᑲᐃᓐᑕᒪᐃᒃ ᐅᑯᓇᓐ ᑎᓄ ᕿᐊᐸᒋᑐᔭᓐ.

For more information on colonoscopy visit: mycolonoscopy.ca.

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INFORMED CHOICES ABOUT

COLONOSCOPY

ᓂᓴ 3 ᑐᑕᒧᐧᐃᓐ. ᐊᓂᐧᐊᐸᒃ ᐊᐱ ᐊᓐᑐᑭᑫᓂᒥᑯᔭᓐ

- **ᑫᑯᐧᐃᓐ ᐧᐃᓯᓂᑫᓐ - ᐸᒪ ᐊᐱ ᑭᐃᙱᐧᑲ ᐊᓐᑐᑭᑫᓂᒥᑯᔭᓐ.**
- ᑲᐸᔭᒐᐊᑲᒥᒃ ᐁᑕᑯ ᒥᓂᐧᑫᓐ - ᐸᒪ ᐁᑕᑯ ᓂᔕᑎᐸᐃᑲᓐ ᒋᐧᐸ ᐊᓂᐊᓐᑐᑭᑫᓂᒥᑯᔭᓐ. ᐃᓇᐱᓐ ᐧᐁᑯᓐᑫᓐ ᑫᒥᓂᐧᑲᑕᒪᓐ ᑲᐅᔅᐱᐃᑲᒐᑭᓐ ᒐᐸᔅᙱ. ᐧᑲᐱ ᑫᒪ ᑎᐧᐊᐳ ᑲᑭᒥᓂᐧᑲᑕᓐ ᒋᔅᐧᐊᑲᒥᓇᒪᓐ ᓵᑯᒡ ᑲᐧᐃᓐ ᐊᐸᒋᑐᓐ ᒍᒍᓵᐳ ᑫᒪ ᐧᐊᐸᑲᒥᓂᑲᓐ.
- ᑲᐧᑫᒥᓂᐧᑫᓐ ᐯᔅᑯᒥᓂᐧᑲᑲᓐ ᑲᐸᔭᒐᐊᑲᒥᒃ ᑕᑕᓯᑎᐸᐃᑲᓐ ᒣᑲ ᑭᑯᙱᑯᓯᔭᓐ.
- ᑭᓂᑲᐃᓇᓐ ᑭᓇ ᒪᙱᑭᑭ ᒥᓲ ᐲᓐ1 Liter (32 ounces) ᐊᐸᑲᒥᒐ ᐃᔅᓇᓐ ᐧᐋᐱᙱᑲx ᑲᐃᓐ ᑭᓯᓈ ᓂᐱx ᒥᓇᐧᐋ ᓃᔅᓐg ᒪᙱᑭᑭx ᑲᐧᐃᓐ ᐊᔅ ᑫᑯx(ᒥᓈᐳ, ᐋᐳ)x Wᐧᐃᓐᑫᓇᑲᑲᒡ ᑖᑯᓐ PegLyte ᐲᓐᑕ-ᑕᑭᓯᒋᑲᓐ.

ᑲᓂᐱᐧᐊᑲᒥᒃ ᑫᒥᓂᐧᑲᑕᒪᓐ:	ᑫᑯᐧᐃᓐ ᒥᒋᓐ ᑲᔪ ᒥᓂᐧᑲᑕᓐ ᐅᓄ:
✓ ᑲᐸᔭᒐᐊᑲᒥᒃ ᒥᒋᒪᐳᓐ	✕ ᐸᐧᑫᔅᑲᓐ, ᐊᓄᒥᓐ ᑫᒪ ᒪᓄᒥᓐ
✓ ᒥᔅᒥᓇᐳ, ᐧᐊᐱᙱᑭᔅᐳᒥᓇᐳ, ᐧᐊᐱᙱᑭᐸᐧᐊᐃᒥᓇᓇᐳ	✕ ᒥᒋᒪᐳᑲᓐ ᑲᑕᑯᓂᑲᒐᒃ ᒥᒋᒪ
✓ ᑲᐸᔭᒐᐊᑲᒥᒃ ᑫᒪ ᑲᐅᔭᐧᐊᑲᒥᒃ Gatorade/Powerade	✕ ᐃᔭᔅ, ᑭᑯ, ᐸᓐᑲᐊᐧᑲᓐ ᑫᒪ ᑭᒋᑲᒥᑭᑯ
✓ ᒋᓐᒍᑦ ᐁᓪ, ᔅᐧᐊᐳᑲᓐ ᑲᔪ ᐊᓂᓯᐸ	✕ ᒥᓇᓐ ᑫᒪ ᑭᑎᑲᓇᓐ
✓ ᑲᐱ ᑫᒪ ᑎᐧᐊᐳ (ᑕᑯ ᓯᓯᐸᐧᑲᑦ ᑲᔪ ᔅᐧᐊᑲᒥᓂᑲᓐ) ᑲᐧᐃᓐ ᒍᒍᓵᐳ ᑫᒪ ᐧᐊᐸᑲᒥᓂᑲᓐ ᐊᐸᒋᑐᑫᓐ	✕ ᒍᒍᓵᐳᓐ ᑫᒪ ᒍᒍᓵᐳ ᒥᒋᒥᑲᓇᓐ
✓ ᑲᐊᐧᑲᑎᓐᑲ ᔅᐧᐊᐳ (ᑲᐧᐃᓐ ᑲᒥᔅᐧᑲᒃ ᑫᒪ ᑲᐊᐱᒐᒥᔅᐧᑲᒃ)	✕ ᑲᒥᔅᐧᑲᒃ, ᑲᐅᓵᐧᐊᙱᐧᑲᒃ ᑫᒪ ᑲᐊᐱᒐᒥᙱᐧᑲᒃ ᑲᒥᓂᐧᑲᒐᒃ
✓ ᕿᓗ ᑲᐅᔭᐧᐊᒃ ᑫᒪ ᑲᒥᔅᑯᐅᔭᐧᐊᒃ	✕ ᐃᙱᑯᒐᐧᐊᐳᓐ
	✕ ᑲᒪᑲᒐᐧᐊᑲᒥᑭᓐ ᑲᒥᓂᐧᑲᒐᑭᓐ ᔅᐧᐊᐳᓐ (ᐯᐟᓯ ᑫᒪ ᑯᒃ)

ᓂᐧᐃᓐ 4. ᐊᓂᐧᐊᐸᓇᒃ ᒋᐧᐸ ᐊᓐᑐᑭᑫᓂᒥᑯᔭᓐ ᐊᐱ ᐅᓇᑯᔅᒃ - ᐅᑕᐱᓇᒪᓐ ᓵᐳᓯᑲᓐ.

- ᐊᐲ 2 PM: ᑯᓐᑕᓐ 3 bisacodyl ᐯᐲᑯᒥᓇᑲᒃ. ᑲᐃᓐ antacids ᐊᑲᐁ ᑎᐸᐟᐃᑲᓐ ᐃᒋ-bisacodyl.
- ᑎᐱᒃ ᐊᐲ 8PM, ᒥᓂᐧᑫ liter ᐃᔅ Peglyte ᐋᐳ. ᒥᓂᐧᑫ 1 ᑕᓯᓈᑲᓐᔅ (250 mL) ᐁᓐᑕᓯ 10 ᑕᓯ-ᑎᐸᐟᐃᑲᓐᔅ.
- ᑭᙱᐱᓐ ᐋᑯᓯ, ᐯᑲ 20 ᐃᔅ 30 ᑕᓯ-ᑎᐸᐟᐃᑲᓐᔅ, ᐊᐲ ᐋᐱᒋᑖ ᒫᒋᑑᓐ ᒥᓂᐧᑫ.
- ᑭᓐ ᑭ-ᐃᓯᓇᐃ Gravol (25 ᐃᔅ 50 ᒪg) ᑫᒫ ᓈᔅᑲ ᒪᙱᑭᑭ ᑭᙱᐱᓐ ᐋᐱᒋ-ᔅᔅᑲᑯᐧᐋᓐx Gravol ᑫᓇᑲᑲᒡ ᓄᓐᑌᓐᑫᐧᐊᔅ.

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- ᐊᐱᒋ ᑭᒋᓇᑕᑦᑲᓐ ᒋᑭᑕᔭᓐ ᓴᐳᓯᑲᓐ. ᐅᐅᑦᐁ ᓴᐳᓯᑲᓐ ᑲᓴᐳᖅᑯᓐ ᒋᒪᒥᓯᔭᓐ. ᐃᑦᓇᑐ ᒋᓴᐳᓯᔭᓐ ᐱᓂᖅ ᒋᓂᐱᑦᐊᑲᒥᑦ ᒋᐸᔭᑐᐊᑲᒥᑦ ᑲᔭ ᒋᐅᔭᑦᐊᑲᒥᑦ ᑲᒪᒥᓯᔭᓐ.**ᒪᒥᑲᑦᐁᓐᑕᓐ, ᒣᑦᑲ ᑭᐱᒥᐱᓯᔭᓐ ᑭᑭᒋᓯᑭᑦᐸᑦ ᑲᑦᐃᓐ ᑭᑦᐊᐸᓐᑕᓯᓐ ᕿᓂᐱᓯᐊᓐ ᒥᑲᓇᑦ. ᒥᑕᖅ ᐯᔪᑦᑲᓐ ᑭᒪᖅᑭᑭᑦᐃᓂᒪ ᐁᔪᔭᑦ ᑲᑦᐃᓐ ᒋᐸᔭᑐᐊᐸᓐᑕᑦ ᑭᓇᑭᓐᔪᑲᑦ ᑭᖅᐱᓐ ᐁᑕᑯ ᕿᑯᓐ ᐊᔭᓯᓄᑦ.**

- ᐱᓂᖅ ᑭᐱᒥ ᒪᒥᓯᔭᓐ ᑕᓂ ᓂᐱᑦᐊᑲᒥᓐ ᒋᐸᔭᑐᐊᑲᒥᑦ ᑲᔭ ᒋᐅᔭᑦᐊᑲᒥᑦ ᒋᑦᐃᑐᑲᑯᑦ ᑭᒪᖅᑭᑭᑦᐃᓂᒪ ᒋᐸᑲᑲᐸᓐᑕᑦ ᑭᓇᑭᓐᔪᑲᑦ.

ᑲᑦᐃᓐ ᐅᓂᓂᔪᓐ ᑲᑦᐃᓐ ᐅᓂᓂᔪᓐ ᑲᑦᐃᓐ ᐅᓂᓂᔪᓐ ᕿᑲ ᐊᓴᓂᖅᑲᓐᑕᓐ!

ᓇᓇᓐ 5. ᑭᓂᑲᑦ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ - 4 ᕿᒪ 5 ᑎᐸᐃᑲᓐ ᒋᑦᐸ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ

- **ᕿᑯᑦᐃᓐ ᑦᐃᓯᓂᕿᓐ, ᑲᑦᐊᐱᖅᑲᑲᒥᑦ ᐁᑕᑯ ᒥᓂᑦᑲᑕᓐ.**

- ᒥᓂᕿ 1 ᑕᓯᓈᑦᑐᓐᔅ (250mL) ᐃᓂᑦ ᓃᓂᓐ PegwLyte ᐊᐧᐅ ᐁᓐᑕᓯ 10 ᑕᓯ-ᑎᐸᑦᐃᑦᑐᓐᔅ ᑭᓂᑦ ᒥᓂᕿᓐ ᓃᓂᓐ liter.
- **ᐳᓂᒥᓂᑦᑕᓐ ᑲᑭᓇ ᕿᑯᓐ ᑲᒥᓂᑦᑕᒪᓐ** ᓂᓐᑎᐸᐃᑲᓐ ᒋᑦᐸ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ.

ᑯᑦᑕᓯ 6. ᓇᓇᓐᑐᓇᒋ ᑦᐁᓐᑦ ᕿᑦᐃᒋᑦᐃᑦ ᑲᑦᐃᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ ᑲᔭ ᕿᑭᑦᐁᑦᐃᓂᑦ ᐃᖅᑦᑲ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ

- ᐊᐱᒋ ᑭᒋᓇᑕᑦᑲᓐ ᒋᑦᐃᒋᑦᐃᑦ ᒋᐊᑦᓴᐸᒥᑦ ᒋᓄᑕᑦ ᐊᓂᓐ ᑲᑭᓂᒥᑭᑲᑎᑭᓐ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᑦᐊᓐ ᑲᔭ ᕿᑭᑦᐁᑦᐃᓂᑦ. ᑲᑦᕿᒋᒪ ᒋᐅᓂᐱᐊᑭᓐ ᐊᓂᓐ ᑲᑭᐃᓂᓇᑦᑲᑦ ᑭᓇᑐᑭᕿᓂᑭᒥᑯᑦᐃᓐ ᑲᔭ ᑭᖅᐱᓐ ᒥᓇᑦᐊ ᓂᑲᓐ ᐊᓂᑭᑭᓄᑦᐃᓂᑦᐊᑦ ᒋᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ. ᑲᑦᐃᓂᐸᒪᓐᒋᐅ ᑭᐃᖅᑦᑲ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ ᑲᑭᒥᓂᑯᔭᓐ ᓂᐸᒪᖅᑭᑭ. ᒪᑭᑦᓴ ᑲᑦᐃᓐ ᑲᒪᒥᑲᑦᐃᓯᓐ ᑦᐃᓐᑕᒪᑯᔭᓐ ᑲᑭᓂᓇᑦᑲᑦ ᑭᓇᑐᑭᕿᓂᒥᑯᑦᐃᓐ. ᑲᔭ ᑲᓇᓂᓴᓂᐃᑎᔅ ᖓᒪᑦ ᐃᓂᑲᑦᕿᐱᒥᐱᓯᔭᓐ.
- ᐁᖅᑦ ᑭᑕᑭᐱᒥᑲᓇᑦᐁᓂᒥᑦ ᐊᑯᓇᑦ ᐯᓂᑯᑭᓂᑲ 24 ᑎᐸᐃᑲᓐ ᑭᐃᖅᑦᑲ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ ᒋᐱᐅᔭᓐ ᒋᐊᒐᒪᓐᒋᐅᔭᓐ ᑭᓂᐸᖅᑲᔭᓐ ᑲᔭ ᑭᑦᐊᓂᕿᖅᑲᔭᓐ. ᑲᑦᐃᓐ ᑲᔭ ᒪᓂ ᑲᑭᐱᒥᐱᓯᓯᓐ.

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ᐃᑲᑦᕿᒐᔭᓐ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᑭᙵᐊᓐ ᐃᑲᑦᕿᒐᔭᓐ ᕿᔪᑦᑲᔭᓐᒋᔭᓐ ᑲᐃᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ, ᕿᒪᑯᓐ ᐃᔪᒪᔪᔭᓐ, ᐱᓴᓂᑯ ᑭᑕᐱᑲᓄᓇ ᑲᑕᓇᓄᑭᑦ ᒪᙵᑭᑭᐃᓂ ᑲᐃᐊᓐᑐᑭᕿᓂᒥᒃ (ᑭᙵᐊᓐ ᐁᑕᑯ ᐁᑭᒥᓂᑯᔭᓐ ᐸᑲᓐ ᑭᑭᑐ ᐊᑭᓐᑕᓱᓐ ᕿᔪᑭᑭᑐᔭᓐ). ᐊᓄᑭᐊᑲᓇᒃ ᐅᑭᕿᑕᓇᐊ ᕿᔪᓇᕿᑐᐊᑦ ᑲᕿᒐᐃᓇᓐ. ᕿᑲ ᑲᑭᓇ ᐊᓄᑭᐃᑲᒥᑯᓐ ᐸᑭᓯᓄᓐ ᑭᐊᓄᑭᐃᑭᔪᑲᒃ ᒣᑲ 9 ᑭᑭᖏᐸᐊᑲᒃ ᐊᑯᓇᒃ 4 ᑭᐅᓇᑯᔪᒃ. ᒪᙵᑭᓐ ᑲᐊᓄᑲᑕᑭᓐ ᐅᑭᕿᑕᓐ ᒪᙵᑭᓐ ᑲᐱᒥᐊᐸᒋᑐᔭᓐ ᑲᔪ ᐯᐸᑲᓐ ᓴᐳᓯᑲᓇᓐ ᑲᐊᐸᑕᑭᓐ ᑭᑦᑲᔭᓐᒋᓇᓂᐊᒃ ᐅᓇᑭᔪᒃ ᑭᐊᓐᑐᑭᕿᓐᒋᑲᓯᓇᓂᐊᒃ ᑲᔪ ᑯᑕᑭᔭᓐ ᕿᑯᓇᓐ ᑲᐊᐊᓐᑕᒪᐃᒃ.

ᐧᐃᐳᓂᒋᕿᔭᓐ: ᑭᙵᐊᓐ ᐃᐳᓂᒋᕿᔭᓐ ᑲᐃᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ, ᐧᐁᐃᐸ ᐃᔪᐃᓐᑕᓐ ᑲᑭᐅᓐᒋᐅᓇᒋᑲᒐᒃ ᐅᓇᑭᔪᐃ ᐊᓐᑐᑭᕿᓐᒋᕿᐃᓂᒃ. ᒪᒥᑲᐁᓐᑕᓐ ᑭᙵᐊᓐ ᐸᑕᐃ ᐃᓐᑕᒪᓐ ᕿᒪ ᐸᓂᔭᔭᓐ ᐁᑭᐅᓐᒋᐃᓐᑕᓱᐊᓐ, ᑕᑭᐅᓐᒋ ᐸᓇᒋᒋᕿᒪᑲᓐ ᑯᑕᒃ ᐧᐁᓐᑐᓐ ᒣᙵᑲᒃ ᒋᑭᐊᓐᑐᑭᕿᓂᒪᑲᓂᐃᐸᓐ ᑲᐱᐅᐸᓐ. ᑭᙵᐊᓐ ᐸᓇᐊᒪᓐ ᕿᒪ ᐳᓂᑐᔭᓐ, ᑕᐃᔪᔭ ᐸᒪ ᒥᓇᐊ ᐸᑎᓄᑭᓯᔅ ᒋᐱᐅᔭᓐ ᒋᐅᓇᑐᒃ ᑭᓇᑐᑭᕿᓂᒥᑯᐃᓐ.
ᒥᑕᙵ ᑲᐅᓐᒋᑯᔭᓐ ᐧᐁᐃᐸ ᒋᐱᐧᐃᓐᑕᒪᓐ ᑭᙵᐊᓐ ᐧᐃᐳᓂᑐᔭᓐ ᑲᔪ ᒥᓇᐊ ᒋᐅᓇᑐᔭᓐ ᑭᓇᑐᑭᕿᓂᒥᑯᐃᓐ.

ᐊᓂᓐ ᑲᑭᐃᔪᓇᑲᒃ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᐊᐱ ᑲᐃᓐᑕᒪᑯᔭᓐ ᐊᓂᓐ ᑲᑭᐃᔪᓇᑲᒃ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ, ᑲᐱᐅᑎᓯᑯᓐ ᒋᐱᒋᓂᓴᐊᒪᑯᔭᓐ ᐅᔪᐱᐃᑲᓐ ᒋᐧᐊᐃᓐᒋᑲᒐᒃ. ᑭᙵᐊᓐ ᐧᐃᑲᑦᕿᒐᔭᓐ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ ᑲᓄᙵ ᒪᙵᑭᑭᐧᐃᓂ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᒃ ᕿᒪ ᑭᒪᙵᑭᑭᐧᐃᓂᒻ.

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INFORMED CHOICES ABOUT

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ᐁᒪᒥᑦᓇᒋᑲᒐᒃ ᑭᑯᓐ ᑲᓇᐃᔾᔪᓄᒃ

ᒃᐁᑭᓐᑕᒪ: ᑭᓇᐸᒡᒡ ᑳᐃᓐ ᑮᔪᑖ ᒥᓂᒃᐁᓐ ᒪᖅᑭᑭ-ᐊᑦᐳx ᐊᓂᓐd Aᓂᔪᓈᐯg ᑳᐃᓐ ᒫᔪᐳᑯᓯ ᓴᓇᑭᓐᑕᒪ ᒥᓂᒃᐁᓐ ᐲᓐᑖᐱᑭᓂᑲᒐᓂ ᑳ-ᐅᓐᒋ-ᒥᓯᔨᓐ.

ᓈᓇᑉᐃᑑᓐ: ᐊᓂᓐd Aᓂᔪᓈᐯg ᒥᑲᓇ ᐃᒋ-ᐊᒧ-ᐊᑦᐳ – ᐊᐲ ᑳᐃᓐ ᒫᔪᐳᑯᓯx ᑮ-ᐲᑖᐸᐊᑑᓐ ᑭᑑᓐ ᐃᒋ-ᐊᐱᖅᑳ ᓂᐱ ᐃᖅᑳ ᐁᓐᑕᓯ ᓈᑳᓐᒪᒃ(ginger ale, 7Up, ᒥᔪᒥᓐ-ᐊᑦᐳ). ᑮᖅᐱᓐ ᐃᓐᑕᒪ ᐊᐱᑑᐲ ᐸᐸ-ᐱᒧᔭᓐ.

- ᒥᑲᒥ-ᒪᑲᒃ ᐁᓐᑕᒪx ᑮᖅᐱᓐ ᑭ-ᒫᒋᑑᓐ ᑭᓯᓇ ᐃᓐᑕᒪ, ᑮ-ᐃ ᓴᑭᒋᐃᒋᑫ ᑕᑭᓯᒋᑲᓐ ᑫᒫ ᒥᓂᑫ ᐊᓂᓐd ᐊᐸᑲᒥᒐ ᓈᓴᑲ ᓃᐱᓱᐳ ᑫᒫ ᐃᔾᔪᔾᔪᐳ.

ᑲᒪᔪᔭᒃ: ᑭᖅᐱᓐ ᐁᑭᐅᓇᒋᑲᒐᒃ ᒋᐊᓐᑐᑭᑫᓂᒥᑯᔭᓐ ᑭᖓᐸᐧᐊᑲᒃ (9 ᑎᐸᐃᑲᓂᔭᒃ) ᐃᔪᔭ ᒋᐧᐊᓂᖅᑲᔭᓐ 4 ᑫᒪ 5 ᑎᐸᐃᑲᓂᔭᒃ ᑭᑭᖓᐸᐧᐊᑲᒃ. ᐊᓂᑦ ᐧᐁᓇᒃ ᑲᐧᐃᓐ ᐅᒥᐧᓇᑕᓯᓇᐧᐊ.

ᑭᑭᑐᒋᑲᒐᒃ: ᑲᑭᐊᓐᑐᑭᑫᒋᑲᓂᐧᐊᒃ ᑭᐧᐊᐸᒋᑲᒐ ᑭᒥᓂᐧᑲᒐᒃ ᐊᐱᑕ ᓂᐳᓯᑲᓐ ᑭᐅᓇᑯᔪᒃ ᒋᐧᐸ ᑭᐊᓐᑐᑭᑫᓂᒪᑲᓂᐧᐃᑦ ᒥᓇᐧᐊ ᐊᐱᑕ ᑭᐊᓂᑭᖓᐸᐧᐊᑲᓂᒃ ᓇᐧᐊᒡ ᐅᓂᔪᔪᓐ ᐁᑭᓯᓂᑫᓂᑲᒐᒃ ᐅᓇᑭᔪᔭᐸ ᑲᔪ ᐁᒥᓄᔭᒃ ᐅᓇᑭᔪᐧᐃ ᐊᓐᑐᑭᑫᒋᑫᐧᐃᓇᓐ. ᒪᒥᑲᐧᐃᓐ ᐧᐁᓇᒃ ᐸᑎᐧᓇ ᐧᐁᐱᐸ ᐧᐊᓂᖅᑲᐧᐊᒃ ᒋᐧᐸ ᐧᐊᔭ ᐃᓂᐧᐊᑦ ᑫᐊᓐᑕᐧᐃᑭᑫᓂᒥᐧᑕ. ᓂᑲᓐ ᐅᓇᒋᑫᓐ ᑫᐃᔪᒋᑫᔭᓐ ᐧᐁᐧᐃᐸ ᑭᑭᖓᐸᐧᐊᑲᒃ (ᐱᓯᓐᒋᑫᐧᐃᓐ, ᑭᑐᒋᑫᐧᐃᓐ, ᒪᓯᓇᒐᓯᒋᑫᓐ, ᒪᒪᑕᐧᐊᐱᒃ) ᒣᑲ ᐱᒥᐃᓂᔭᓐ ᒥᓯᐧᐃᑲᒥᑯᒃ.

ᑲᒪᔪᔭᒃ: ᐊᓂᑦ ᐧᐁᓇᒃ ᐳᑭᑕᒪᓐᒋᐅᐧᐊᒃ ᑭᐃᖅᑲ ᐊᓐᑐᑭᑫᓂᒪᑲᓂᐧᐃᐧᐊᑦ ᐊᓂᖅ ᑭᐱᓐᑕᐸᓯᑲᒐᓂ ᒣᑲ ᑭᐊᓐᑐᑭᑫᓂᒥᓐᑕ.

ᑭᑭᑐᒋᑲᒐᒃ: ᒪᑭᐧᓂ ᑭᐸᐸᒧᔭᓇᓂᐧᐊᒃ ᑲᑭᐧᐃᑐᑲᑯᓐ ᒋᐳᓇᒪᓐᒋᐅᔭᓐ.

ᑲᒪᔪᔭᒃ: ᐊᐱᒋ ᐧᐊᔭ ᑭᑎᓂ ᐁᐃᐱᓯᔭᓐ ᑭᑕᔪ ᐊᓐᑐᑭᑫᓂᒥᑎᓇᓂᐧᐊᒃ ᐊᑯᓯᐧᐃᑲᒥᑯᒃ.

ᑭᑭᑐᒋᑲᒐᒃ: ᐊᓂᑦ ᐧᐁᓇᒃ ᑲᐧᐃᓐ ᐧᐁᐧᐃᐸ ᐃᓂᓯᐧᐊᒃ ᒥᓯᐧᐃᑲᒥᑯᒃ ᓂᔅᑎᐸᐃᑲᓐ ᒋᐧᐸ ᐊᓐᑐᑭᑫᓂᒥᐧᑕ. ᑭᖅᐱᓐ ᐃᔪᔭᒃ ᒋᐱᒥᔭᔭᓐ ᐊᐧᐊᔪᒥ ᐯᔪᑯᑎᐸᐃᑲᓐ, ᓇᐧᐊᒡ ᑕᑭᐅᓂᔪᔪᓄᐸᓐ ᒋᑭᑲᐯᔪᔭᐸᓐ ᑭᔪᐯᔅᓂᐧᐊᓐᒃ ᐊᑯᓯᐧᐃᑲᒥᑯᒃ ᑭᐊᓄᓇᑯᔪᒃ ᒋᐧᐸ ᐊᓂᐧᐊᐸᒃ ᐧᐃᐊᓂᐊᓐᑐᑭᑫᓂᒥᑯᔭᓐ. ᑲᐧᑭᑕᓐ ᓂᐳᓯᑲᓐ ᑭᖓᐸᐧᐊᑲᒃ ᐊᐱᑕ ᑫᒪ ᐯᔪᑯᑎᐸᐃᑲᓐ ᒋᐧᐸ ᐅᓐᒋᒪᒐᔭᓐ ᑭᐧᐊᑲᐃᑲᓂᒃ ᑫᒪ ᑲᐯᔪᐧᐃᑲᒥᑯᒃ.

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