INFORMED CHOICES ABOUT

COLONOSCOPY

ᕿᑐᑕᒪᓐ ᓚᑲᔭᓐᒋᔭᓐ ᑭᓇᑐᑭᕿᓂᒥᑯᐧᐃᓐ

ᐊᐱᒋ ᑭᒋᖅᑕᐧᑲᓐ!

ᐱᒥᓂᔪᐊᓐ ᐅᓄ ᐧᐃᓐᒋᕿᐧᐃᓇᓐ ᕿᑐᑕᒪᓐ ᑲᑭᓇ ᑭᒧ ᒋᓴᑭᒋᑕᒪᑲᒃ ᑭᐅᓐᒋᒥᓯᔭᓐ. ᐧᐅᐧᐅᓂ ᐱᒥᓂᔪᐊᓐ ᐅᓄ ᐧᐃᓐᒋᕿᐧᐃᓇᓐ ᒋᐅᓂᔅᔅᒃ ᑭᓇᓇᑲᒋᐃᑯᔭᓐ. ᑭᒡᐱᓐ ᒪᒡᑭᑭᐧᐃᓂ ᑭᐧᐊᐸᑕᓯᒃ ᐱᓐᒋ ᑲᐅᓐᒋᒥᓯᔭᓐ ᐊᓂᒡ ᑲᐧᐃᓐ ᐧᐅᐧᐅᓂ ᑭᑭᐅᓐᒋᑐᑕᓯᓐ ᑲᑭᓇ ᑭᒧ ᒋᓴᑭᒋᑕᒪᑲᒃ, ᑲᐧᐃᓐ ᕿᑯᓐ ᑕᐃᓇᐸᑕᓯᓄᓐ ᑭᓇᓇᑲᒋᐃᑯᐧᐃᓐ ᑲᔪ ᑭᒋᕿᑯᓇᓐ ᑲᐧᐃᓐ ᑕᐧᐊᐸᓐᒋᑲᒐᓯᐧᐊᓐ. ᒪᑭᐧᔪ ᒥᓇᐧᐊ ᑕᓇᐱᑐᒋᑲᒐ ᑭᓇᑐᑭᕿᓂᒥᑯᐧᐃᓐ. ᐊᐱᒋ ᓇᓂᓴᓂᔭᒪᑲᓐ ᓇᑐᑭᕿᓂᒥᑯᐧᐃᓐ ᑭᒡᐱᓐ ᑲᐅᓐᒋᒥᓯᔭᓐ ᑭᐧᐸᒡᑭᖅᑲᒃ ᑭᒧ.

KleanLyte™ ᐃᔅᓂᑲᒐ ᐅᐅᐧᐁ ᔪᐳᓯᑲᓐ ᓇᑭᐱᑲᑕᓐ, ᐱᒥᓂᔪᐊᓐ ᒐᐸᔅᒡ ᑲᐅᔅᐱᐃᑲᒐᒃ ᐧᐃᓐᒋᕿᐧᐃᓐ. ᕿᑯᐧᐃᓐ ᒥᓂᐧᑲᑕᓐᕿᓐ ᐸᓂᔅᕿᔭᑲᒪ.

ᒪᒡᑭᑭᐧᐃᓂ ᕿᓇᑐᑭᕿᓂᒥᒃ ᒪᑭᐧᔪ ᑲᒥᓂᒃ ᐸᑲᓐ ᒋᑐᑕᒪᓐ ᒋᐧᑲᔭᓐᒋᔭᓐ. ᐱᒥᓂᔪᐊᓐ ᐃᓂ ᑭᒡᐱᓐ ᐸᑲᓐ ᐃᔅᐧᐃᓐᒋᕿᒪᑲᒃ ᐱᒋᐧᐃᓐ ᐅᐅᒪ ᒐᐸᔅᒡ ᑲᓂᐅᔅᐱᐃᑲᒐᑭᓐ.

ᓂᑕᒻ 1 ᑐᑕᒧᐧᐃᓐ. ᐯᔅᑯᑕᐧᐊᑐ ᒋᐧᐸ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᕿᑯᐧᐃᓐ ᒥᒋᓇᓐ ᒪᓐᑕᒥᓇᓐ, ᐢᓚᒃᔅ, ᐧᐸᐱ, ᓴᔅᒥ ᒥᓂᑲᓇᓐ, ᐸᑲᓇᒃ, ᑭᑯᐱᒥᑐᒃ, ᕿᒪ ᒪᒡᑭᑭᓐ ᑲᑕᑯᓂᑲᑐᒃ ᐊᔾᔨᓐ ᑕᑯ ᒥᒋᒥᑲᓐ ᑲᑕᑯᓂᑲᑐᒃ ᐊᔾᔨᓐ.

ᓂᐧᔪ 2 ᑐᑕᒧᐧᐃᓐ. ᓄᒪᕿ ᑭᔅᑲᐧᐊᓐ ᒋᐧᐸ ᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᐃᔪᓐ ᒪᒡᑭᑭ ᐊᑕᐧᐃᑲᒥᑯᒃ ᐊᑕᐧᐁᓐ ᔪᐳᓯᑲᓐ ᑲᐃᐧᓇᑐᒃ ᒋᐧᐊᐸᒋᑐᔭᓐ. ᑲᐧᐃᓐ ᐱᔭᓐ ᒪᒡᑭᑭᐧᐃᓂ ᐅᑲᐅᔅᐱᐊᓯᓐ ᒋᐃᑭᑐᑦ ᒋᒥᓂᑯᔭᓐ ᔪᑯᒡ ᑲᓇᐧᐁᒋᑲᑐᒃ ᑲᑕᓇᓄᑭᐧᐊᑦ ᒪᒡᑭᑭ ᐊᑕᐧᐁᑲᒥᑯᒃ. ᑲᐧᕿᒻ ᒪᒡᑭᑭᓐ ᑲᐊᓄᑲᑕᒃ. (ᒪᑭᐧᔪ ᑭᒪᒡᑭᑭᐧᐃᓂᒻ ᑕᐃᑭᑐ ᐸᑲᓐ ᔪᐳᓯᑲᓐ ᒋᐊᐸᒋᑐᔭᓐ ᐱᒋᐧᐃᓐ ᒐᐸᔅᒡ ᑲᐅᔅᐱᑲᒐᑭᓐ. ᐱᒥᓂᔪᐊᓐ ᑲᑭᔅᐧᐃᓐᑕᒪᐧᐃᒃ ᑭᒪᒡᑭᑭᐧᐃᓂᒻ ᕿᑐᑕᒪᓐ.)

- ᐯᔅᒃ KleanLyte™ ᔪᐳᓯᑲᓐ ᑲᐊᐸᑕᒃ. ᐅᓄ ᓂᔅᓐ ᒧᐃᐊᐱᑯᔭᓐ ᑲᐊᐸᒋᑐᓐ ᑕᑯ ᐯᔅᒃ ᑕᐧᑲᑲᒥᓂᑲᓇᐱᒃ.
- ᑭᒪᒡᑭᑭᐧᐃᓂᒻ ᑕᐃᑭᑐ ᑯᑕᒃ ᒋᐊᐸᒋᑐᔭᓐ ᔪᐳᓯᑲᓐ ᑕᐱᒡᑯ Lyte prep, (CoLyte ᕿᒪ PegLyte), Bi-PegLyte ᕿᒪ Pico-Salax ᒣᒡᑲᒃ ᒋᐊᐸᒋᑐᓯᐧᐊᓐ ᒋᐱᐧᐃᓐ ᐃᐃᐧᐁ “KleanLyte” ᐃᒡᐱᒥᒃ ᑲᒪᓯᓇᑭᒐᒃ. **ᐊᐸᒋᑐᓐ ᔪᐳᓯᑲᓐ ᑭᒪᒡᑭᑭᐧᐃᓂᒻ ᑲᑭᐧᐃᓐᑕᒪᐧᐃᒃ ᒋᐊᐸᒋᑐᔭᓐ.**

- ᐊᓂᑦ ᐧᐁᓇᑦ ᐅᒪᔅᒡᑲᑯᓇᐧᐊ ᑭᐅᑕᐱᓇᒧᐧᐊᑦ ᔪᐳᓯᑲᓂ. ᒪᑭᐧᔪ ᑭᑕᐅᑕᐱᓇᓐ ᔅᔅᑲᑯᐧᐁ ᒪᒡᑭᑭ ᑕᐱᒡᑯ Gravol ᑲᐃᒋᑲᒐᒃ. ᒪᒡᑭᑭᓐ ᑲᐊᓄᑲᑕᒃ ᑲᐧᐃᓐᑕᒪᐧᐃᒃ ᑲᐧᐃᓐᑕᒪᐧᐃᒃ ᐧᐁᑯᓇᓐ ᑎᓄ ᕿᐊᐸᒋᑐᔭᓐ.

For more information on colonoscopy visit: mycolonoscopy.ca.
Optimizing colonoscopy by Harminder Singh and John R. Walker, 2023, University of Manitoba, Canada is licensed under a Creative Commons Attribution-No Derivatives 4.0 International License. You are free to copy and distribute this material in its entirety as long as it is not altered in any way (no derivative works).

INFORMED CHOICES ABOUT

COLONOSCOPY

ᓂᐧᓴ 3 ᑐᑕᒧᐧᐃᓐ. ᐊᓂᐧᐊᐸᒃ ᐊᐱ ᒋᐊᓐᑐᑭᕐᓂᒥᑯᔭᓐ

- **ᕐᑯᐧᐃᓐ ᐧᐃᓯᓂᕐᓐ - ᐸᒪ ᐊᐱ ᑭᐃᙵᐧᒃ ᐊᓐᑐᑭᕐᓂᒥᑯᔭᓐ.**
- ᒃᐸᔭᒐᐊᒃᒥᒃ ᐁᑕᑯ ᒥᓂᐧᕐᓐ - ᐸᒪ ᐁᑕᑯ ᓂᔅᑎᐸᐃᒃᓐ ᒋᐧᐸ ᐊᓂᐊᓐᑐᑭᕐᓂᒥᑯᔭᓐ. ᐃᓇᐱᓐ ᐧᐁᑯᓐᓄᓐ ᕐᒥᓂᐧᒃᑕᒪᓐ ᒃᐅᔅᑭᐱᐃᒃᒐᑭᓐ ᒐᐸᔅᙵ. ᐧᒃᐱ ᕐᒪ ᑎᐧᐊᐳ ᒃᑭᒥᓂᐧᒃᑕᓐ ᒋᔅᐊᒃᒥᓇᒪᓐ ᓴᑯᒡ ᒃᐧᐃᓐ ᐊᐸᒋᑐᓐ ᒍᒍᓴᐳ ᕐᒪ ᐧᐊᐸᒃᒥᓂᒃᓐ.
- ᒃᐧᕐᒥᓂᐧᕐᓐ ᐯᔅᑯᒥᓂᐧᒃᒃᓐ ᒃᐸᔭᒐᐊᒃᒥᒃ ᑕᑕᓯᑎᐸᐃᒃᓐ ᒣᐧᒃ ᑭᑯᙵᑯᓯᔭᓐ.
- ᕐᑯᐧᐃᓐ ᐊᐧᒪᕐᓐ ᒪᒃᑐᐧᐃ ᒪᙵᑭᑭᔅ ᒣᐧᒃ ᒥᓂᐧᒃᑕᒪᓐ ᓴᐳᓯᒃᓐ KleanLyte.

ᒃᓂᐱᐧᐊᒃᒥᒃ ᕐᒥᓂᐧᒃᑕᒪᓐ:	ᕐᑯᐧᐃᓐ ᒥᒋᓐ ᒃᔪ ᒥᓂᐧᒃᑕᓐ ᐅᓄ:
✓ ᒃᐸᔭᒐᐊᒃᒥᒃ ᒥᒋᒪᐳᓐ	✗ ᐸᐧᕐᔅᒃᓐ, ᐊᓄᒥᓐ ᕐᒪ ᒪᓄᒥᓐ
✓ ᒥᔅᒥᓇᐳ, ᐧᐊᐱᙵᑭᓴᐳᒥᓇᐳ, ᐧᐊᐱᙵᑭᐸᐧᐊᐃᒥᓇᓇᐳ	✗ ᒥᒋᒪᐳᒃᓐ ᒃᑕᑯᓂᒃᒐᒃ ᒥᒋᒪ
✓ ᒃᐸᔭᒐᐊᒃᒥᒃ ᕐᒪ ᒃᐅᔭᐧᐊᒃᒥᒃ Gatorade/Powerade	✗ ᐃᔭᔅ, ᑭᑯ, ᐸᓐᒃᐊᐧᒃᓐ ᕐᒪ ᑭᒋᒃᒥᑭᑯ
✓ ᒋᓐᒍᕐ ᐁᓪ, ᔅᐧᐊᐳᒃᓐ ᒃᔪ ᐊᓂᓯᐸ	✗ ᒥᓇᓐ ᕐᒪ ᑭᒥᒃᓇᓐ
✓ ᒃᐱ ᕐᒪ ᑎᐧᐊᐳ (ᑕᑯ ᓯᓯᐸᐧᒃᑦ ᒃᔪ ᔅᐧᐊᒃᒥᓂᒃᓐ) ᒃᐧᐃᓐ ᒍᒍᓴᐳ ᕐᒪ ᐧᐊᐸᒃᒥᓂᒃᓐ ᐊᐸᒋᑐᓐ	✗ ᒃᒥᔅᐧᒃᒃ, ᒃᐅᓴᐧᐊᙵᐧᒃᒃ ᕐᒪ ᒃᐊᐱᒐᒥᙵᐧᒃᒃ ᒃᒥᓂᐧᒃᒐᒃ
✓ ᒃᐊᐧᒃᑎᓐᒃ ᔅᐧᐊᐳ (ᒃᐧᐃᓐ ᒃᒥᔅᐧᒃᒃ ᕐᒪ ᒃᐊᐱᒐᒥᔅᐧᒃᒃ)	✗ ᐃᙵᑯᒐᐧᐊᐳᓐ
✓ ᕐᓗ ᒃᐅᔭᐧᐊᒃ ᕐᒪ ᒃᒥᔅᑯᐅᔭᐧᐊᒃ	✗ ᒃᒪᒃᒐᐧᐊᒃᒥᓐ ᒃᒥᓂᐧᒃᒐᑭᓐ ᔅᐧᐊᐳᓐ (ᐯᐸᓯ ᕐᒪ ᑯᒃ)

ᓂᐧᐃᓐ 4. ᐊᓂᐧᐊᐸᓐᒃ ᒋᐧᐸ ᒋᐊᓐᑐᑭᕐᓂᒥᑯᔭᓐ ᐊᐱ ᑎᐸᐃᒃᓂᔭᒃ ᐅᓇᑯᔅᒃ - ᐅᑕᐱᓇᒪᓐ ᓴᐳᓯᒃᓐ.

- ᐅᓇᒃᒥᓇᓐ ᒃᓂᐱᐧᐊᒃᒥᒃ ᓴᐳᓯᒃᓐ ᐱᒥᓂᓴᐊᓐ ᒃᐧᐃᓐᒋᒃᒐᒃ ᕐᑐᑕᒪᓐ ᒐᐸᔅᙵ:
  - ᓯᑭᓇᓐ ᐯᔅᒃ ᓴᐳᓯᒃᓐ KleanLyte™ ᒋᔅᐊᓯᐧᐊᑐᔭᓐ ᑕᐧᒃᒃᒥᓂᒃᓇᐱᑯᒃ ᒃᑭᒥᓂᑯᔭᓐ.
  - ᒧᙵᑭᓇᑐᓐ ᐊᓂᓯᐸ ᒋᐊᐱᑐᙵᑭᓇᑐᔭᓐ (473 mL) ᒋᑭᑕᔭᓐ ᒃᐊᐱᑐᙵᑭᓄ.
  - ᕐᔭᐱ ᓂᔅᓐ ᑕᐧᒃᒃᒥᓂᒃᓇᐱᑯᓐ ᒧᙵᑭᓇᑐᓐ ᐊᓂᓯᐸ ᐱᒥ ᒪᒥᓂᐧᒃᑕᓐ ᒥᓂᑯᒃ ᐯᔅᑯᑎᐸᐃᒃᓐ.
- ᐊᐱᒋ ᑭᒋᓄᑕᐧᒃᓐ ᒋᒪᒥᓂᐧᕐᔭᓐ (ᓂᐱᐧᐊ ᒪᒥᓂᐧᕐᓐ) ᒋᐧᐸ, ᒣᐧᒃ ᒃᔪ ᑭᐃᙵᐧᒃ ᑭᑕᔭᓐ ᓴᐳᓯᒃᓐ.
- ᐊᐱᒋ ᑭᒋᓄᑕᐧᒃᓐ ᒋᑭᑕᔭᓐ ᓴᐳᓯᒃᓐ. ᐅᐅᐧᐁ ᓴᐳᓯᒃᓐ ᒃᓴᐳᙵᒃᑯᓐ ᒋᒪᒥᓯᔭᓐ. ᐃᐧᓇᐯ ᒋᓴᐳᓯᔭᓐᐱᓂᙵ ᒋᓂᐱᐧᐊᒃᒥᒃ ᒋᐸᔭᒐᐊᒃᒥᒃ ᒃᔪ ᒋᐅᔭᐧᐊᒃᒥᒃ ᒃᒪᒥᓯᔭᓐ.

For more information on colonoscopy visit: mycolonoscopy.ca.
Optimizing colonoscopy by Harminder Singh and John R. Walker, 2023, University of Manitoba, Canada is licensed under a Creative Commons Attribution-No Derivatives 4.0 International License. You are free to copy and distribute this material in its entirety as long as it is not altered in any way (no derivative works).

INFORMED CHOICES ABOUT

COLONOSCOPY

ᒪᒥᑲᐧᐅᓪᑕᓪ, ᒣᐧᑲ ᑭᐱᒥᐱᓯᔭᓪ ᑭᑭᒋᓯᑭᐧᐸᑦ ᑲᐧᐃᓪ ᑭᐧᐊᐸᓪᑕᓯᓪ ᕿᓂᐱᓯᐊᓪ ᒥᑲᓇᑦ. ᒥᑕᑦ ᐯᔅᑲᓪ ᑭᒪᑦᑭᑭᐧᐃᓂᒪ ᐅᔅᔾᑦ ᑲᐧᐃᓪ ᒋᐸᔭᑌᐊᐸᓪᑕᑦ ᑭᓇᑭᓪᔅᑲᑦ ᑭᑦᐱᓪ ᐅᑕᑯ ᕿᑯᓪ ᐊᔭᓯᓄᑦ.

- ᐱᓂᑦ ᑭᐱᒥ ᒪᒥᓯᔭᓪ ᑕᓂ ᓂᐱᐧᐊᑲᒥᓪ ᒋᐸᑲᑌᐊᑲᒥᑦ ᑲᔪ ᒋᐅᔾᐧᐊᑲᒥᑦ ᒋᐧᐃᑐᑲᑯᑦ ᑭᒪᑦᑭᑭᐧᐃᓂᒪ ᒋᐸᑲᑲᐸᓪᑕᑦ ᑭᓇᑭᔅᔅᑲᑦ

ᑲᐧᐃᓪ ᐅᓂᔅᔅᓪ ᑲᐧᐃᓪ ᐅᓂᔅᔅᓪ ᑲᐧᐃᓪ ᐅᓂᔅᔅᓪ ᕿᑲ ᐊᓴ ᐅᓂᔅᔅᓪ!

ᓇᓇᓪ 5. ᑭᔅᑲᑦ ᒋᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ - 4 ᕿᒪ 5 ᑎᐸᐃᑲᓪ ᒋᐧᐸ ᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ

- **ᕿᑯᐧᐃᓪ ᐧᐃᓯᓂᕿᓪ, ᑲᐧᐊᐱᒃᑲᑲᒥᑦ ᐯᑕᑯ ᒥᓂᐧᑲᑕᓪ:**
- ᓯᑭᓇᓪ ᐯᔅᑦ ᔅᐳᓯᑲᓪ KleanLyte™
- ᒋᔅᐊᓯᐧᐊᑐᔭᓪ ᑕᐧᑲᑲᒥᓂᑲᓇᐱᑯᑦ ᑲᑭᒥᓂᑯᔭᓪ.
  - ᐅᔅᑖᓪ ᒪᑲᑑᐳ KleanLyte™ ᑭᓂᑲᐧᐃᓇᓪ ᐊᐅᐳ ᒦᓲ ᒪᒃᑭᑭ ᐊᑭᓪᑕᓪ ᓂᔅᐧᒪᓯᓇᐧᐃᑲᓪ.
  - ᒧᒃᑭᓇᑐᓪ ᐊᓂᓯᐸ ᒋᐊᐱᑐᒃᑭᓇᑐᔭᓪ (473mL) ᒋᑭᑕᔭᓪ ᑲᐊᐱᑐᒃᑭᓄ.
- ᒥᓂᐧᕿ ᓃᐧz" ᑕᓯᓈᑑᓪᔅ ᐊᔅ ᒧᒃᑭᓄᐸᑑᓪ ᐊᐃ ᐅᓪᑕᓯᐧᑎᐸᐧᐃᑑᓪ
- **ᐳᓂᒥᓂᐧᑲᑕᓪ ᑲᑭᓇ ᕿᑯᓪ ᑲᒥᓂᐧᑲᑕᒪᓪ** ᓂᔅᑎᐸᐃᑲᓪ ᒋᐧᐸ ᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ.

ᑯᐧᑕᓯ 6. ᓇᓇᓪᑐᓇᐤ ᐧᐅᓄᓪ ᕿᐧᐃᒋᐧᐃᑦ ᑲᐧᐃᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ ᑲᔪ ᕿᑭᐧᐅᐧᐃᓂᑦ ᐃᒃᑲ ᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ

- ᐊᐱᒋ ᑭᒋᓄᑕᐧᑲᓪ ᒋᐧᐃᒋᐧᐃᑦ ᒋᐊᐧᔅᐸᒥᑦ ᒋᓄᑕᑦ ᐊᓂᓪ ᑲᑭᔅᒥᑭᑲᑌᑭᓪ ᒋᓇᑐᑭᕿᓂᒥᑯᐧᐃᓪ ᑲᔪ ᕿᑭᐧᐅᐧᐃᓂᑦ. ᑲᐧᕿᒋᒪ ᒋᐅᔅᐱᐊᑭᓪ ᐊᓂᓪ ᑲᑭᐃᔅᓇᐧᑲᑦ ᑭᓇᑐᑭᕿᓂᑭᒥᑯᐧᐃᓪ ᑲᔪ ᑭᒪᑦ ᒥᓇᐧᐊ ᓂᑲᓪ ᐊᓂᑭᑭᓄᐧᐃᓂᐧᐊᑦ ᒋᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ. ᑲᐧᐃᓂᐸᒪᓪᒋᐅ ᑭᐃᒪᐧᑲ ᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ ᑲᑭᒥᓂᑯᔭᓪ ᒋᓂᐸᒪᑲᑯᔭᓪ. ᒪᑭᐧᔅᑲ ᑲᐧᐃᓪ ᑲᒪᒥᑲᐧᐃᓯᓪ ᐧᐃᓪᑕᒪᑯᔭᓪ ᑲᑭᔅᓇᐧᑲᑦ ᑭᓇᑐᑭᕿᓂᒥᑯᐧᐃᓪ. ᑲᔪ ᑲᓇᓂᑉᓂᐃᑎᔅ ᖁᒪᑦ ᐃᔅᑲᐧᕿᐱᒥᐱᓯᔭᓪ.
- ᐅᓄᓪ ᑭᑕᑭᐱᒥᑲᓇᐧᐅᓂᒥᑦ ᐊᑯᓇᑦ ᐯᔅᑯᑭᔅᑲ 24 ᑎᐸᐃᑲᓪ ᑭᐃᐧᑲ ᐊᓪᑐᑭᕿᓂᒥᑯᔭᓪ ᒋᐱᐅᔭᓪ ᒋᐊᒐᒪᓪᒋᐅᔭᓪ ᑭᓂᐸᐧᑲᔭᓪ. ᑲᐧᐃᓪ ᑲᔪ ᒪᔅ ᑲᑭᐱᒥᐱᓯᓯᓪ.

For more information on colonoscopy visit: mycolonoscopy.ca.
Optimizing colonoscopy by Harminder Singh and John R. Walker, 2023, University of Manitoba, Canada is licensed under a Creative Commons Attribution-No Derivatives 4.0 International License. You are free to copy and distribute this material in its entirety as long as it is not altered in any way (no derivative works).

INFORMED CHOICES ABOUT

COLONOSCOPY

ᐃᑲ·ᕿᒐᔭᓐ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᑭᙵᐊᓐ ·ᐃᑲ·ᕿᒐᔭᓐ ᕿᕐᑲᔭᓐᒋᔭᓐ ᑲ·ᐃᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ, ᕿᒪ ᕿᑯᓐ ᐃᕐᒪᕐᕐᔭᓐ, ᐱᓴᓂᑯ ᑭᑕᐱᑲᓄᓇ ᑲᑕᓇᓄᑭᑦ ᒪᙵᑭᑭ·ᐃᓂ ᑲ·ᐃᐊᓐᑐᑭᕿᓂᒥᒃ (ᑭᙵᐊᓐ ᐁᑕᑯ ᐁᑭᒥᓂᑯᔭᓐ ᐸᑲᓐ ᑭᑭᑐ ᐊᑭᓐᑕᓱᓐ ᕿᕐᑭᑭᑐᔭᓐ). ᐊᓄᑭᐊᑲᓇᒃ ᐅᑭᕿᑕᓇ·ᐊ ᕿᕐᓇ·ᕿᑐ·ᐊᑦ ᑲ·ᕿᒐ·ᐃᓇᓐ. ᕿᑲ ᑲᑭᓇ ᐊᓄᑭ·ᐃᑲᒥᑯᓐ ᐸᑭᓯᓄᓐ ᑭᐊᓄᑭ·ᐃᑭᕐᑲᒃ ᒣᑲ 9 ᑭᑭᒐᐸ·ᐊᑲᒃ ᐊᑯᓇᒃ 4 ᑭᐅᓇᑯᕐᒃ. ᒪᙵᑭᓐ ᑲᐊᓄᑲᑕᑭᓐ ᐅᑭᕿᓐᑕᓐ ᒪᙵᑭᓐ ᑲᐱᒥᐊᐸᒋᑐᔭᓐ ᑲᔪ ᐯᐸᑲᓐ ᓵᐳᓯᑲᓇᓐ ᑲᐊᐸᑕᑭᓐ ᑭ·ᑲᔭᓐᒋᓇᓂ·ᐊᒃ ᐅᓇᑭᕐᒃ ᑭᐊᓐᑐᑭᕿᓐᒋᑲᓱᓇᓂ·ᐊᒃ ᑲᔪ ᑯᑕᑭᔭᓐ ᕿᑯᓇᓐ ᑲ·ᐊ·ᐃᓐᑕᒪ·ᐃᒃ.

·ᐃᐳᓂᒋᕿᔭᓐ: ᑭᙵᐊᓐ ·ᐃᐳᓂᒋᕿᔭᓐ ᑲ·ᐃᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ, ·ᐁ·ᐃᐸ ᐃᕐ·ᐃᓐᑕᓐ ᑲᑭᐅᓐᒋᐅᓇᒋᑲᒐᒃ ᐅᓇᑭᕐ·ᐃ ᐊᓐᑐᑭᕿᓐᒋᕿ·ᐃᓂᒃ. ᒪᒥᑲ·ᐁᓐᑕᓐ ᑭᙵᐊᓐ ·ᐸᑕ·ᐃ ·ᐃᓐᑕᒪᓐ ᕿᒪ ᐸᓂᔭᓐ ᐁᑭᐅᓐᒋ·ᐃᓐᑕᓱ·ᐊᓐ, ᑕᑭᐅᓐᒋ ᐸᓇᒋᒋᕿᒪᑲᓐ ᑯᑕᒃ ·ᐁᓐᒃ ᒣᙵ·ᑲᒡ ᒋᑭᐊᓐᑐᑭᕿᓂᒪᑲᓂ·ᐃᐸᓐ ᑲᐱᐅᐸᓐ. ᑭᙵᐊᓐ ᐸᓇᐊᒪᓐ ᕿᒪ ᐳᓂᑐᔭᓐ, ᑕᐃᕐᔅᔭ ᐸᒪ ᒥᓇ·ᐊ ᐸᑎᓄᑭᓯᔅ ᒋᐱᐅᔭᓐ ᒋᐅᓇᑐᒃ ᑭᓇᑐᑭᕿᓂᒥᑯ·ᐃᓐ. ᒥᑕᙵ ᑲᐅᓐᒋᑯᔭᓐ ·ᐁ·ᐃᐸ ᒋᐱ·ᐃᓐᑕᒪᓐ ᑭᙵᐊᓐ ·ᐃᐳᓂᑐᔭᓐ ᑲᔪ ᒥᓇ·ᐊ ᒋᐅᓇᑐᔭᓐ ᑭᓇᑐᑭᕿᓂᒥᑯ·ᐃᓐ.

ᐊᓂᓐ ᑲᑭᐃᕐᓇ·ᑲᒃ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ: ᐊᐱ ᑲ·ᐃᓐᑕᒪᑯᔭᓐ ᐊᓂᓐ ᑲᑭᐃᕐᓇ·ᑲᒃ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ, ᑲᐱᐅᑎᓯᑯᓐ ᒋᐱᒋᓂᔅᐊᒪᑯᔭᓐ ᐅᕐᐱᐃᑲᓐ ᒋ·ᐊ·ᐃᓐᒋᑲᒐᒃ. ᑭᙵᐊᓐ ·ᐃᑲ·ᕿᒐᔭᓐ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᑯᔭᓐ ᑲᓄᙵ ᒪᙵᑭᑭ·ᐃᓂ ᑲᑭᐊᓐᑐᑭᕿᓂᒥᒃ ᕿᒪ ᑭᒪᙵᑭᑭ·ᐃᓂᒻ.

For more information on colonoscopy visit: mycolonoscopy.ca.
Optimizing colonoscopy by Harminder Singh and John R. Walker, 2023, University of Manitoba, Canada is licensed under a Creative Commons Attribution-No Derivatives 4.0 International License. You are free to copy and distribute this material in its entirety as long as it is not altered in any way (no derivative works).

INFORMED CHOICES ABOUT

COLONOSCOPY

ᐁᒪᒥ·ᓇᒋᑲᒐᒃ ᑭᑯᓐ ᑲᓇᐃᔾᔪᓄᒃ

ᑲᒪᔪᔾᔭᒃ: ᑭᙵᐊᓐ ᐁᑭᐅᓇᒋᑲᒐᒃ ᒋᐊᓐᑐᑭᑭᓂᒥᑯᔭᓐ ᑭᖓᐸ·ᐊᑲᒃ (9 ᑎᐸᐃᑲᓂᔭᒃ) ᐃᔪᔾᔭ ᒋ·ᐊᓂᙵᑲᔭᓐ 4 ᕿᒪ 5 ᑎᐸᐃᑲᓂᔭᒃ ᑭᑭᖓᐸ·ᐊᑲᒃ. ᐊᓂᑦ ·ᐁᓗᓇᒃ ᑲ·ᐃᓐ ᐅᒥ·ᓗᑕᓯᓇ·ᐊ.

ᕿᑭᑐᒋᑲᒐᒃ: ᑲᑭᐊᓐᑐᑭᑭᓐᒋᑲᓂ·ᐊᒃ ᑭ·ᐊᐸᒋᑲᒐᒃ ᑭᒥᓂ·ᑲᒐᒃ ᐊᐱᑕ ᓴᐳᓯᑲᓐ ᑭᐅᓇᑯᔪᒃ ᒋ·ᐸ ᑭᐊᓐᑐᑭᑭᓂᒪᑲᓂ·ᐃᑦ ᒥᓇ·ᐊ ᐊᐱᑕ ᑭᐊᓂᑭᖓᐸ·ᐊᑲᓂᒃ ᓇ·ᐊᒡ ᐅᓂᔪᔪᓐ ᐁᑭᓯᓂᑭᓂᑲᒐᒃ ᐅᓇᑭᔪᔾᔭᐸ ᑲᔪ ᐁᒥᓄᔭᒃ ᐅᓇᑭᔪ·ᐃ ᐊᓐᑐᑭᑭᓐᒋᑭ·ᐃᓇᓐ. ᒪᒥᑲ·ᐃᓐ ·ᐁᓗᓇᒃ ᐸᑎ·ᓇ ·ᐁᐱᐸ ·ᐊᓂᙵᑲ·ᐊᒃ ᒋ·ᐸ ·ᐊᓴ ᐃᓴ·ᐊᑦ ᑭᐊᓐᑕ·ᐃ ᐊᓐᑕ·ᐃᑭᑭᓂᒥ·ᑕ. ᓂᑲᓐ ᐅᓇᒋᑭᓐ ᑭᐃᔪᒋᑭᔭᓐ ·ᐁ·ᐃᐸ ᑭᑭᖓᐸ·ᐊᑲᒃ (ᐱᓯᓐᒋᑭ·ᐃᓐ, ᑭᑐᒋᑭ·ᐃᓐ, ᒪᓯᓇᐅᓯᒋᑭᓐ, ᒪᒪᑕ·ᐊᐱᒃ) ᒣᑲ ᐱᒥᐃᓴᔭᓐ ᒥᓯ·ᐃᑲᒥᑯᒃ.

ᑲᒪᔪᔾᔭᒃ: ᐊᓂᑦ ·ᐁᓗᓇᒃ ᐳᑭᑕᒪᓐᒋᐅ·ᐊᒃ ᑭᐃᙵᑲ ᐊᓐᑐᑭᑭᓂᒪᑲᓂ·ᐃ·ᐊᑦ ᐊᓂᙵ ᑭᐱᓐᑕᐸᓯᑲᒐᓂ ᒣᑲ ᑭᐊᓐᑐᑭᑭᓂᒥᓐ·ᑕ.

ᕿᑭᑐᒋᑲᒐᒃ: ᒪᑭ·ᓴ ᑭᐸᐸᒧᓴᓇᓂ·ᐊᒃ ᑲᑭ·ᐃᑐᑲᑯᓐ ᒋᐳᓇᒪᓐᒋᐅᔭᓐ.

ᑲᒪᔪᔾᔭᒃ: ᐊᐱᒋ ·ᐊᓴ ᑭᑎᓴ ᐁᐃᐱᓯᔭᓐ ᑭᑕᔪ ᐊᓐᑐᑭᑭᓂᒥᑎᓇᓂ·ᐊᒃ ᐊᑯᓯ·ᐃᑲᒥᑯᒃ.

ᕿᑭᑐᒋᑲᒐᒃ: ᐊᓂᑦ ·ᐁᓗᓇᒃ ᑲ·ᐃᓐ ·ᐁ·ᐃᐸ ᐃᓴᓯ·ᐊᒃ ᒥᓯ·ᐃᑲᒥᑯᒃ ᓂᔅᑎᐸᐃᑲᓐ ᒋ·ᐸ ᐊᓐᑐᑭᑭᓂᒥ·ᑕ. ᑭᙵᐊᓐ ᐃᔪᔾᔭᒃ ᒋᐱᒥᔭᔭᓐ ᐊ·ᐊᔪᒥ ᐯᔪᑎᐸᐃᑲᓐ, ᓇ·ᐊᒡ ᑕᑭᐅᓂᔪᔪᓄᐸᓐ ᒋᑭᑲᐯᔪᔭᐸᓐ ᑭᔪᐯᔅᓇ·ᐊᓐᒃ ᐊᑯᓯ·ᐃᑲᒥᑯᒃ ᑭᐊᓄᓇᑯᔪᒃ ᒋ·ᐸ ᐊᓂ·ᐊᐸᒃ ·ᐃᐊᓂᐊᓐᑐᑭᑭᓂᒥᑯᔭᓐ. ᑲ·ᕿᑕᓐ ᓴᐳᓯᑲᓐ ᑭᖓᐸ·ᐊᑲᒃ ᐊᐱᑕ ᕿᒪ ᐯᔪᑎᐸᐃᑲᓐ ᒋ·ᐸ ᐅᓐᒋᒪᒐᔭᓐ ᑭ·ᐊᑲᐃᑲᓂᒃ ᕿᒪ ᑲᐯᔪ·ᐃᑲᒥᑯᒃ.

For more information on colonoscopy visit: mycolonoscopy.ca.
Optimizing colonoscopy by Harminder Singh and John R. Walker, 2023, University of Manitoba, Canada is licensed under a Creative Commons Attribution-No Derivatives 4.0 International License. You are free to copy and distribute this material in its entirety as long as it is not altered in any way (no derivative works).