

## Tilmaamaha Baaritaanka FOBT (Baaritaanka Dhiigga Saxarada la Socda)

Marka xilli hore la ogaado, 10-kii qof 9 ayaa laga daaweyn karaa kansarka caloosha gala. Maadaama aysan jirin calaamado lagu ogaado xilliyada hore, baaritaankan fudud ayaa kaa caawini kara in ay nolashaadu badbaado.

**Fadlan wada akhri tilmaamaha soo socda.**

## A. Inta aadan Billaabin

	1	2	3	4	5
6	7	8	9	10	11
12	13	14	15	16	17
18	19	20	21	22	23
24	25	26	27	28	29
30					

**Muhiim: Waa in aad soo dirto karaka tijaabada islamarka aad dhammeystirto 3 goor iyadoo aan dhaafin 10 maalmood marka aad qaado tijaabada saxarada.**

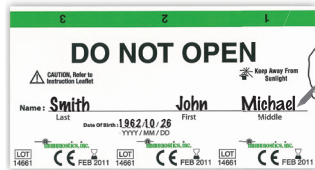


Waxaad ka fogaataa daawooyinka fitamiin C iyo wixii ay liimada ku jirto muddo **seddex maalmood ka hor tijaabada** iyo inta aad tijaabada qaadayso.



Haddii kale, waxaad sii wadaa in aad cuntada caadiga ah sii cunto iyo qaadato daawooyinka lagu qoray.

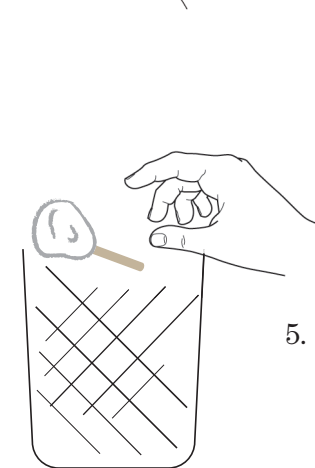
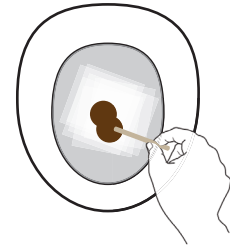
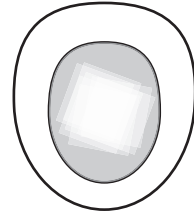
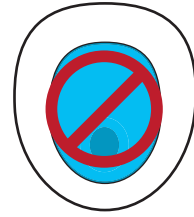
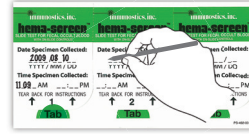
## B. Buuxinta Kaarka Tijaabada



- Adigoo isticmaalaya qalin, waxaad ku qortaa magaacaaga iyo taariikhda dhalashadaada, sida ay ugu qoran yihiin kaarkaaga caafimaadka.

- Waxaad tijaabada saxarada qaadi doontaa seddex maalmood kala duwan oo toban maalmood gudahooda ah.
- Kaarka tijaabada wuxuu leeyahay seddex qaybood – maalin kasta oo mid loogu talagalay. Qayb walba mar fur.
- Qayb walba waxay leedahay laba meel oo yar oo aad tijaabada mariso.

## C. Sameynta Tijaabada



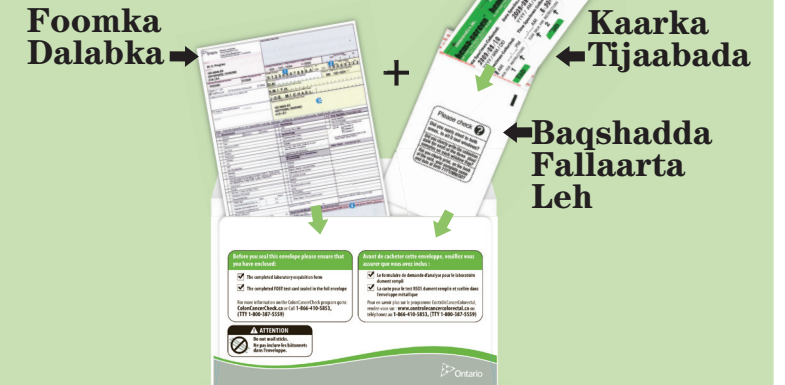
1. Waxaad ku qortaa taariikhda (sanadka/bisha/maalinta) iyo sacadda aad qaaday tijaabada qaybta 1. Diir qaybta 1-aad si aad tijaabada u mariso.
2. Biyo raaci fadhiga musqusha. Ha isticmaalin fadhiga musqusha ay ku jiraan kiimikada lagu nadiifiyo sida nooca baluuga ah.
3. Si aad saxarada u soo qaado, waxaad isticmaashaa weel la tuuri karo ama waxaad fadhiga musqusha ku ridaa dhowr ah xaashida saxarada lagu tirtiro si ay u celiyaan saxarada.
4. Waxaad isticmaashaa sheyga lagu soo qaado si aad in yar oo saxaro ah u soo qabato. Waxaad Qaybta I-aad marisaa **in yar oo khafiif ah**. Waxaad isticmaashaa isla sheyga is aad meel kale uga soo qaado tijaabo labaad oo saxaro ah waxaadna marisaa Qaybta II-aad. Si fiican u xir qaybta.



5. Xaashida saxarada lagu tiro dhex geli sheyga aad ku soo qaaday tijaabada kaddibna qashinka ku dar. Biyo raaci fadhiga musqusha. Waad dhammeysay tijaabada koowaad.

6. Waxaad karaka tijaabada gelisaa baqshadda fallaarta leh waxaadna ku heysaa meel aan kululeyn iyo qaboobeyn illaa laga gaaro xilliga dambe ee aad saxaroonayso. Ha xirin baqshadda illaa aad ka dhammeysay 3-da maalmood.
7. Waxaad ku soo celcelisaa tallaabooyinka 1-6 si aad u soo qaado iyo mariso tijaabooyinka labada maalmood ee kale ee aad kala marinayso qaybaha 2 iyo 3.

## D. Tijaabada Kaddib



- ✓ Waxaad kaarka tijaabada gelisaa gudaha baqshadda fallaarta leh oo si fiican u xir.
- ✓ Baqshadda fallaarta leh iyo foomka dalabka la buuxiyay ee aad ka soo qaaday takhtarkaaga waxaad gelisaa baqshadda lagu siiyay.
- ✓ Waxaad ku soo dirtaa boosto ama waxaad geysaa xarunta sheybaarka ee Degmada.

**Ma Waxaad Doonaysaa in Lagu Caawiyo? Ma Su'aal Baad Qabtaa? Waxaad booqataa bogga internetka ee [ontario.ca/coloncancercheck](http://ontario.ca/coloncancercheck) Ama waxaad wacdaa **1-866-410-5853** (TTY 1-800-387-5559)**