



IBIBAZO 5

KUBAZA MUGANGA WAVE CANKE ABANDI BATANGA IBIKORWA VYUBUVUZI MBERE YO KUBONA IGIPIMO, UBUVUZI CANKE KUBAGWA (GUKORERWA IBINDI BIKOMEYE BITARUKUBAGWA AKARORERO: COLONOSCOPIE, ENDOSCOPIE)

Ibipimo bimwe, kuvura hamwe nukubagwa bitanga inyungu nke. Rimwe na rimwe, birashobora no guteza ivyago.

Koresha ibibazo 5 kugirango umenye neza ko ubonye ubuvuzi bukwiye - ntabwo ari bwinshi kandi butari buke.



1

**MU VYUKURI
NKENEYE IGIPIMO,
UBUVUZI CANKE
KUBAGWA?**

Ibipimo birashobora kugufasha hamwe na muganga wawe canke abandi batanga ibikorwa vyubuvuzi kumenya ikibazo. Ubuvuzi, nk'imiti, hamwe nukubagwa bishobora kukivura.

2

IVYAGO NIBIHE?

Hoba hari ingaruka mbi zo kwipimisha canke kuvurwa? Amahirwe yo kubona ibisubizo bitari vyiza nayahe? Birashobora kuganisha ku kwipimisha kurenze, kuvura vyongeweho canke ukundi kubagwa?

3

**HARIHO
AMAHITAMO
YOROSHE,
ATEKANYE?**

Baza nimba hari ubundi buryo bwo kuvura bushobora gukora. Guhindura ingene ubayeho, nko kurya indya zubaka umubiri canke gukora imimenyerezo myinshi, birashobora kuba amahitamo atekanye kandi agira akamaro.

4

**BIGENDA GUTE IYO
NTACO NKOZE?**

Baza nimba ubuzima bwawe bushobora kuba bubu - canke bwiza - nimba udakoze igipimo, utavuwemo canke utabazwe ako kanya.

5

IGICIRO NIKIHE?

Ibiciro birashobora kuba amahera, ivyiyumvovyumutima canke igiciro cigihe cawe. Aho hari igiciro kubaturage, igiciro kiratahurika canke hari ubundi buryo buhendutse?



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Injira mu kiyago
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Hitonderwa gutanga inkuru zukuri mugihe co kurema. Izinkuru ntabwo zifise imigambi yo gusimbuza inama zubuvuzi kandi ntizigomba kuba zonyine ishingiro ry'ukuyobora canke gusuzuma uburwayi budakira. Choosing Wisely Australia® ntiyemera amabanga (harimo na kubera uburangare) kubihombo vyose, ivyangiritse canke ibikomere biterwa no kwishingikiriza canke gukoresha izinkuru. Soma imvugo yuzuye ivanaho amabanga kuri choosingwisely.org.au.