

mispayow kinwapamisowin âskohkêwina (Cervix Self-Screening Instructions)

Plains Cree



AYAMIHTÂ
PWÂMAYASK
MÂCIHTÂYAN

ÊKAWIYA ÂPACIHTÂ ÔMA MASKIMOT KÎSPIN KIYA:

- ✓ kitakohtâkon pêho isko kâ-takohtâkoyan kisipayan
- ✓ ayawâwisowin
- ✓ mitâhkay mihkoyin ayitawihk takohtâkêwina, kîsi masiwêwin ahpô pôni-atawâsimisiwin
- ✓ kî-ayân mispayow manicôsak
- ✓ kî-mispayow otinamihk
- ✓ mêkwâc kinanâpâcihkawin kitâmiyawihk ahpô kipakitinikawin ahkosiwikamikohk naway pâyakosâp pîsimwak.
- ✓ nâmôya kwayask miskâcîkâtêw kîkway kimitâhkâhk

kinwâpahta: kîspin kitayân anihi ispipihk, kahcipis kimaskihkêwiyiniw omîkiw kamâmaskôtamêhk mitâhkâhk manicôsiwin nitonikêwin. kinwâpahcikêwin anima mâci mistêyîhtâkwahk kîkway ka-itôtaman ka-kanawêyimisoyan osci mispayow manicôsiwin.

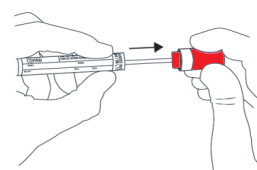
1

kâsîcihcê kêtayônîsê nihcâyihk kitâhk osci



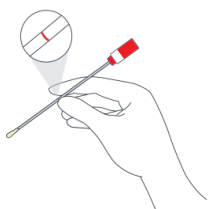
2

wawêstâ pihikwêpicikanis: micimina mihko kipahikanis ka-katihtâyan anima pihikwêpicikanis osci maskimocis. astâ anima maskimocis êta kanâtahk. êkâwiya sâmina êta kâ-yôskâk iskêyânihk osci anima pihikwêpicikanis.



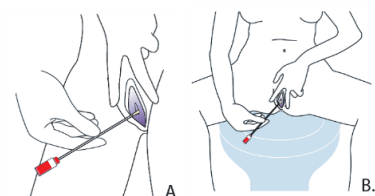
3

micimina anima pihikwêpicikanis êkota mihko kinwâpahcikan



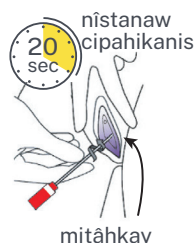
4

mâwacihtâ kikinwâpahcikan: nîpawi (A) ahpô api (B) taswêkastâ kiskâta apacihtâ kotak kîcihci, micimina asikâsâ êkota asakay



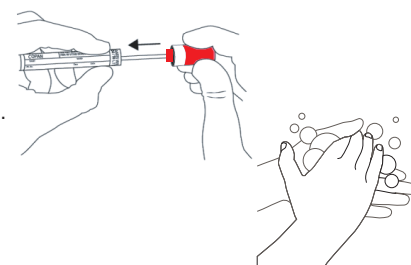
5

nanisihkâc pihastâ anima pihikwêpicikanis kitâhkâhk, êta kâ-pihastâyan mihko kaponikan, iskohk kîcihcêsa sâminikêmakana kiwayawêtimihk mitâhkâhk asaya (wayawê mitâhkay). wâsikâpita anima pihikwêpicikanis êkwa akîcihcê nanisihkâc isko nîstanaw tôsici wayawêpita anima pihikwêpicikanis.



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pihastâ anima pihikwêpicikanis maskimocisihk êkwa kwayask kipaha. kâsîcihcê



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kimaskimot êkota astêw ayamihcikan masinaha iskewêyac kiwîhowin, nistam wîhowin, êkwa Alberta Health Care akîhcikan êkota ayamihcikanihk. masinaha kâ-akimiht kâ-mawâcihtâyan kikinwâpahcikan pihotopita êkwa mâkona anima ayamihcikan êkota maskimotihk isi kikinwâpahcikan.

iskewêyac wîhowin _____
nistam wîhowin _____
Alberta Health Care # _____
mâwacihtâhk akimiht _____
(kîsikaw/pîsim/askiy)

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sâkaskinahtâ kiya anima HPV Self-Sampling Rest Requisition âskoha anihi âskohkêwina êkota nihcâyihk anima Test Requisition.

HPV Self-Sampling Test Requisition
(Cervix Self-Screening)
Send Sample to: ProxLab North
8440-112 St NW, Edmonton, AB, T6G 2J2

PHN	Expiry	Date of Birth (ss-Mon-yyyy)
Legal Last Name	Legal First Name	
Alternate Identifier	Preferred Name	☐ Male ☐ Female ☐ Non-binary

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✓ astâ kikinwâpahcikan maskimocis êkota maskimotêkin êkwa kipaha anima maskimot.

✓ astâ anima maskimotêkin êkwa kinwâpahcikan masinahikan êkota âsay kâ-tipahamihk wayinwatisahikêwin masinahikan êkwa kipaha anima masinahikan



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pakitina anima masinahikan êkota Canada Post atoskêwikamik ahpô maskimotihk. kikinwâpahcikan poko ka-sipwêtisahamihk ikospihk kîsikâw kâ-mawâcihtâyan.



tâpitaw kâ-kwêcihkêyimohk kwêcihkêyimowina (Frequently Asked Questions)

**nika mâwacihtân
nikinwâpahcikan kwayask?
ka-wîsakan?**
(Will I do it correctly? Will it
hurt?)

mispayow kinwâpamisowin
kinwâpahcikan ohci kimitâhkayihk
wihcasin êkwa namôya ka-wîsakan.
têpiyâhk apisâsik kinwâpahcikanis
ohci kimitâhkahk nitawêyihcikâtêw
âskôhamani ôhi âskôhkêwina, ka-
wihci mâwacihtân kikinwâpahcikan.

**ayahk mâka ayamihoyâni
mâwacihtâyân nikinwâpahcikan?**
(What if I have trouble collecting
my own sample?)

sêwîpita 1-866-727-3926 (pêyak
kîsikâw isko niyânan kîsikâw,
ayinânêw tipahikan kîkîsipâyâw isko
nêwo tipahikan mîna nisto mitanaw
cipahikanis pôni âpihtawi kîsikâw).

**ayahk mâka pahkihtâyâni
pihtikwêpicikanis?**
(What if I drop the swab?)

kîspin kipahkihtân anima
pihtikwêpicikanis, kocihtâ
kaya ka-pîkwêhtaman. nakoc
miywâsin ka-itisahaman isi
kinwâpahcikanikamikohk. kîspin
anima pihtikwêpicikanis sâpipêw,
âpihtikwê anima wihcikan namôya
kwayask ka-itisinâkwan kâ-sâpipêki
astâwina kâ-kî-sâpicikêyimakan atiht
anima kinwâpahcikan, âpihtikwê
poko ka-mâwacihtâyân kotak oskâya.
kiskisi, kîspin kiwihtamâkawin, poko
ka-mâwacihtâyân kotak oskâya,
namôya nântaw anima kikinwâpahcikan
êkwa tânisi kâ-êsi mâwacihtâyân.

**tânispî ka-nôcihtâmakan
ka-kahtinamân niwihcikana?**
(How long will it take to get my
results?)

ka-kahtinân masinahikan kîkîhk
êkwa kiwihcikana nêwo isko
nikotwâsik ispayiwina kahtinatwâw
kinwâpahcikêwikamik anima
kimâwacihcikana. kâkî-kinwâpahtîn
kiwihcikana êkota MyHealth Records
ahpô MyAHS Connect ([myhealth.
alberta.ca/myhealthrecords](https://myhealth.alberta.ca/myhealthrecords)).

**ayahk mâka mistahi
kwêspinâtan HPV kîkwaya
miskâcihkâtêki?**
(What if a high-risk HPV type is
found?)

kiskinwahamâsoyan ê-ayâyan mistahi
kwêspinâtaht HPV moy itwêyimakan
ê-ayâyan ahpô ka-kahtinaman
manicôsiwin. kiwihcikêwina ka-
kiskêyihcikâtêw kîkway ka-itôtamihk
êkwa. kinwâpahtamihk kiwihcikana,
âpihtikwê poko ka-kinwâpamikawian
pihcâyihk kimitâhkâhk ahpô
pihcâyihk kimîsiyâpîhk.

**ôma kinwâpahcikan osci
pokîkway moy têpiyâhk HPV?**
(Will this test for anything other
than HPV?)

ôma osci kinwâpahtamihk mistahi
kwêspinâtaht HPV. kîspin
kinohtê kinwâpamikawin osci
kotakwa maci âspinêwina, mahti
pikiskwâs maskihkêwiyiniw.

**niwanihtân/pîkonîn
nitâpacihcikan; kâkî-kahtinîn
kotak askâya?**
(I lost/damaged my kit; can I
request a new one?)

kîspin kiwanihtân ahpô kipîkonîn
kitâpacihcikan, mahti sêwîpita 1-866-
727-3926 (pêyak kîsikâw isko niyânan
kîsikâw, ayinânêw tipahikan kîkîsipâyâw
isko nêwo tipahikan mîna nisto mitanaw
cipahikanis pôni âpihtawi kîsikâw).

**poko cî ka-wâyinohtâyân
nitâpacihcikan ikospîhk kîsikâw
otinamâni nimâwacihcikana?**
(Do I need to return my kit the
same day I collect my sample?)

êhi, wîcihihtâsômadan ôma ka-
kihcinâhohk kiwihcikana anihi kwayask.
wawêwi ka-otinaman kimâwacihcikana
ikospîhk kîsikâw êta ka-sipwêtisahaman
Canada Post atoskêwikamik
ahpô masinahikan maskimot.

**môsihtâyân kîkwaya êkwa
itamahcihowina?**
(Experiencing signs and
symptoms?)

kinwâpam kimaskihkêwiyiniw sêmâk
kîspin kiwâpahtîn mihkowin moy
kâ-mihkowian, kîsi masiwêwini
ahpô pôni atawâsimisiwin kotakwa
kîkwaya êkwa itamahcihowina ka-
nâkatêyihkamihk: moy kwayask, ayiwâk
wihcikahk wayawêpayiwin, wîsakahk
masiwêwin ahpô mihkiwin kâ-kîsi
kinwâpamikawian pihcâyihk. kiskisi
ôhi kîkwaya êkwa itamahcihowina moy
itwêyimakanwa ê-ayâyan mispayow
manicôsiwin, mâka pikiskwâs
kimaskihkêwiyiniw ka-kihcinâhoyan.

**ayiwâk kitayân
kwêcihkêyimowina?**
(Have more questions?)
mahti kahcipis :
(Please contact:)

Alberta Health Services
kinwâpahcikêwin atoskâcikana
1-866-727-3926

Pêyak kîsikâw isko niyânan kîsikâw
âyinânêw tipahikan kîkîsipâyâw isko
nêwo tipahikan mîna nisto mitanaw
cipahikanis pôni âpihtawi kîsikâw