ᐊᓇᔪ ᐃᖅᑕᕐ ᓂᖅ

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This reference is for educational purposes only.If you have any questions, ask your health-care provider.

ᓯᓇᐅᕙ ᐊᓇᔪ ᐃᖅᑕᕐ ᓂᖅ?

ᓈᕐᒥ ᐳᑉ ᓚᒃ ᓯᒪ ᓂᖅ ᐱᒋ ᐊᕈ ᑕᐅᓯᖅᐳᖅ ᐃᓇᓗᐊᕐ ᓂᑦ ᓈᒻᒪ ᒪᒍᖕᓇᐃᕈ ᑕᐅᑉ ᓗᓂᓗ. ᓄᑕᕋᖅ ᐊᓇᓚᐅᕋᓗᐊᕐ ᓂᖅᐸᐅᑉ ᓗᑕᒫᑦ. ᑕᒻ ᓇ ᖃᖕᒍᓇᖅᑑᒐ ᓗᐊᖅ, ᑭᓯ ᐊᓐ ᓂ ᓈᕐᒥ ᐳᑉ ᓚᒃ ᓯᒪ ᓂᖅ ᑭ ᐊᓗᒃ ᑖᖅ ᐊᑐᔪᖕᒪ ᒍ. ᑐᓴ ᕈᒥ ᓇᖅᐳᖅ ᑕᒻ ᓇ ᐊᓐ ᓂᐊᕐ ᓂᕐ ᒧᑦ ᐱᒋ ᐊᕈ ᑎᖃᔪ ᐃᑦ ᑑᖕᒪᑦ.

ᖃᐅᔨ ᑐᐊᕈ ᕕᑦ ᓇᒻᒪ ᖕᒋᑑᓐ ᓂᒃ, ᓇᕐᒥ ᐳᑉ ᓚᒃ ᓯᒪ ᓂᖕᒐᖅ ᑕᐃᒪ ᖕᒐᕐ ᐊᓐ ᓂᐊᕈ ᑕᐅᓕᕐ ᓂᖕᒐᕐ ᓂᒃ, ᑕᕿᓂᒃ ᓗ ᐊᑕᐅᓯ ᐅᖕᒋᑑᒻ ᒥᒃ ᓯᔪᖕᓇᐃᕐ ᐸᓕᐊᓂᖕᒐᕐ ᓂᒃ. ᐊᖕᒋᔪᓐ ᓂᒃ ᐊᓇᖅᑕᕐ ᓗᓐ ᓂ ᐊᖕᒋᓂᖅᓴᐅᑕᓕᕐ ᓗᑎᒃ ᐃᑎᖅᐱᑦ ᓄᑭ ᖕᒋᑦ ᐊᒃ ᓯᕈ ᓗᐊᓕᕋᔭᖅᐳᑦ. ᑭ ᖕᒍᓂᖕᒐᓂ ᐊᓇᑎᑦ ᐃᓕᕐᑯᓯ ᖕᒋᓐ ᓄᑦ ᐅᑎᖅᐸᓕᐊᓕᕐ ᓗᑎᒃ ᐊᒡ ᓕᕙᓕᐊᓗᐊᖕᒋᐸᑕ ᑕᕿᑦ 3ᒥᑦ 6ᒧᑦ.

ᓄᑕᕋᖅ ᒪᑯᒃ ᑐᓗᓂᑦ ᐳᑉ ᓚᒃ ᓯᒪ ᓕᖅᐸ ᓈᖕᒐᐅᑯ ᓂᐊ ᐃᒃ ᐱᒋᔪᓪ ᓗᐊᖅᐳᖅ:

- ᓯᑎᓗᐊᖅᑐᓐ ᓂᒃ ᐊᓐ ᓂᕐ ᓇᖅᑐᓂᒡ ᓗ ᐊᐃᒃ ᐱᒋ ᑕᓕᕐ ᓗᓐ ᓂ ᐊᓇᕋᖕᒐᕐ
- ᐊᖕᒋᔪᓐ ᓂᒃ ᐊᓇᖅᑕᓕᕐ ᓗᓐ ᓂ (ᐊᓇᕐ ᕕᒃ ᓯᒥᒃ ᑕᕐ ᓗᓂᐊᒡ ᓈᑦ)
- ᐊᓇᖕᒋᕝ ᐊᖕᒋᓂᖅᕐ ᓗᑎᒃ 1, 2 ᐅᕙᓗᓂᑦ 3 ᐳᕆᔅ ᑐ ᓇᓗᓇᐃᑯ ᑕᖕᒋᓐ ᓂ
- ᓈᕐ ᓗᖕ ᓗᓐ ᓂ ᐊᒪ ᕿᓗᓕᓗᓐ ᓂ (ᐊᓐ ᓂᕐ ᓇᕐ ᓗᑎᒃ)
- ᕐᑯᐃᓂᖅ ᐊᔪ ᓕᖅᑕᕐ ᓗᓐ ᓂ
- ᕐᑯᐃᒐ ᔪ ᖕ ᓂᖅᓴᐅᓕᕐ ᓗᓐ ᓂ
- ᐊᓇᖕᒐᕐ ᓂ ᐊᐅᖃᕐ ᓗᓐ ᓂ
- ᐃᓕᕐᑯᓯ ᖕᒐᐊᔅ ᔭ ᖕᒍᕐ ᓗᓐ ᓂ
- ᕐᑯᐃᖕᒋᓕᕐ ᒥ ᓄᑦ ᐊᓇᖅᐸᒡ ᓗᓐ ᓂ
- ᐃᓕᕐᑯᓯ ᖕᒐᐊᔪ ᕈ ᑎᒋ ᓕᕐ ᓗᓂᐅᒃ

Bristol ᐊᓇᕐ ᓂᒃ ᐃᓕᓐ ᓂᐊᕈᑦ

ᑕᐅᑦ ᑐᖕᒐ	ᖃᓄᐃᑑᓂᖕᒐ
	ᖃᓄᐃᑐᖅ 1: ᐊᕕᒃ ᓯᒪ ᔪᑦ ᓯᑎᑉ ᓗᑎᒃ (ᐊᓂᓐ ᓂᖅᒥᒃ ᐊᔪᕐ ᓇᖅᑐᑦ)
	ᖃᓄᐃᑐᖅ 2: ᐸᑎᐅᔭ ᑐᑦ ᑕᐅᑦ ᑐᓖᑦ ᑭᓯ ᐊᓐ ᓂ ᒪ ᓃᑦ ᑐᑦ

CHEO

	ᖃᓄᐃᑐᖅ 3: ᐸᑎᐅᔭ ᑐᑦ ᑕᐅᑦ ᑐᓖᑦ ᑭᓯ ᐊᓂ ᖁᐱᓐ ᓂᑯ ᓖᑦ ᓴ ᓂᕌᓐ ᓂ
	ᖃᓄᐃᑐᖅ 4: ᐸᑭ ᐅᔭ ᑐᑦ ᑕᐅᑦ ᑐᓖᑦ , ᐊᕿᑦ ᑐᑦ ᐊᒻ ᒪ ᒪ ᓂᒃ ᓱᑎᒃ
	ᖃᓄᐃᑐᖅ 5: ᐊᕿᑦ ᑐᑦ ᓄᕗᓇᒃ ᑑᑉ ᓗᑎᒃ (ᐊᓇᖅᓯ ᓇᐊᖅᑐᑦ ᓈᑦ)
	ᖃᓄᐃᑐᖅ 6: ᐊᑉ ᒍ ᖅᓯ ᒪ ᔪᑦ ᓄᕗᓇᒃ ᓗᑎᒃ , ᐊᕿᑦ ᑐᑦ ᓈᑦ
	ᖃᓄᐃᑐᖅ 7: ᐃᒥ ᒥ ᐊᖑᔭ ᖅᑐᑦ , ᓯ ᑎᓂᖃᖕᒋᓗᑎᒃ , ᐃᒥ ᒥ ᐊᖑᑉ ᓗᑎᒃ

ᖃᓄᖅ ᓈᕐ ᒥ ᐳᑉ ᓚᒃ ᓯ ᒪ ᓂᖅ ᐱᒋ ᐊᖅ ᑕᔪ ᕙ?

ᐅᑯ ᐊ ᓇᓕᐊᒥ ᐊᖅ ᐱᔪ ᑕᐅᒋ ᓐ ᓇᓇᐊᖃᖅᐳᑦ ᑐᑭ ᓯ ᐊᓇᓗᐊᕕᖕᒐ ᓗᐊᖅᓱᓐ ᓂ:

- ᖁᐃᓂᓇᓗᐊᖕᒋᑐᓐ ᓂᒃ ᓂᓇᕙᒡ ᓗᓐ ᓂ, ᐱᕈᖅᑐᓐ ᓂᒃ , ᒪ ᒪᖅᑐᓐ ᓂᒃ ᐊᒻ ᒪ ᐊᒌᒃ ᓴᓐ ᓂᒃ
- ᐱᖃᐃᓕᓴ ᓗᐊᖅᑕᖕᒋᑦ ᑐᖅ
- ᐃᓵ ᓱᐊᖅᓴ ᐅᑎᑐᓇᐊᓕᒃ (ᓲᕐ ᓈᕐᔭ ᐅᑎᑦ , opiate ᐊᓐ ᓂᐊᓈᒃ ᑯᑎᑦ ,
- ᐃᓱ ᒫ ᓗᒌᒃ ᑯᑎᑦ)
- ᐊᓇᖅᑕᐃᓕᔪᖅ ᐊᓇᕈᓯ ᓕᕋᓗᐊᕐ ᓗᓐ ᓂ
- ᐃᓱ ᒫ ᓗᒃ ᑐᖅ ᐃᓕᓐ ᓂᐊᖅᑎᑦ ᓯ ᓂᕐ ᒥᒃ ᐊᓇᕐ ᕕᖕᒥᒃ ᐊᑐᕐ ᓂᕐ ᒥᒃ
- ᐊᓴᕐ ᑯᖕᒧᓕᐊᒃ ᓇᓵᖅᑕᓗᐊᖅᑐᖅ
- ᓯᓗᑭᑎᓪ ᓗᒍ ᐊᓇᖅᐸᒃ ᓱᓐ ᓂᐅᕙᓘᓃᑦ
- ᑲᖕᒐᓯᒃ ᑐᖅ ᐊᓇᕐ ᕕᖕᒧᓕᐊᕆᐊᒃ ᓴᖅ ᐃᓕᓂᐊᒃ ᕕᖕᒥ ᐃᓄᕈ ᓈᓂᓗᐸᑉ ᕙ
- ᐊᔪᖅᑕᓕᒃ ᒪᓐ ᓂᖕᓂᒃ ᐃᒪ ᒧᖕᓂᒡ ᓗ

ᐊᓇᕐ ᓇᓵ ᓗᐊᖅᑐᓐ ᓂᓯᑎᒃ ᓕᔪᑎᓐ ᓇᖅᐳᖅ. ᐃᓇᓗᐊᕐ ᒥ ᑲᑎᖅᓯᒥ ᐊᓕᔪᖕᒪᑦ ᐊᒪ ᓯᑎᒃ ᓕᓗᓐ ᓂ. ᐃᓚᓐ ᓂᑯᑦ ᐊᓇᓚᓚᐊᓕᖅᐸ ᖁᐃᖕᒋᓕᖕᒐᕈ ᓂᐸᓕᖅᓯ ᓇᓇᐊᖃᖅᐳᖅ.

ᓇᔭ ᖕᒍᐊᖅ ᖃᐅᔨᑎᓪ ᓗᒍ ᓄᑕᕋᐃᑦ ᒪᒃ ᑯᒃ ᑐᐃᓪ ᓘᕙ:

- ᐊᓐ ᓂᐊᖅᑕᕐ ᓂᖅᐸᑦ 30 ᒥ ᓂᑦ ᔅ ᐅᖕᒐᓐ ᓂ
- ᐆᓇᖅᓯ ᓂᖅᐸᑦ
- ᒥ ᓇᐊᖅᑕᓕᕐ ᓂᖅᐸᑦ
- ᐅᕿᒃ ᓕᓴ ᓗᐊᓕᕐ ᓂᖅᐸᑦ
- ᐅᓐ ᓄᐊᑯᑦ ᑐᐸᒃ ᑕᓕᕐ ᓂᖅᐸᑦ ᐊᓇᕈᓯᒃ ᓗᓐ ᓂ
- ᕿᐊᖕᒋᓐ ᓇᓗᐊᓕᕐ ᓂᖅᐸᑦ ᓴ ᐃᒪ ᒪᔪᐃᑦ ᑑᓗᓐ ᓂ
- ᕿᓯᑦ ᐸᓂᓗᐊᓕᖅᐸᑦ ᐃᑎᖅᐱᓪ ᓗ ᐊᕙᑖᐸᓂᓗᐊᕐ ᓗᓐ ᓂ (anal fissure)
- ᐃᓇᓗᐊᑎᑦ ᐊᐅᓈᖅᑕᓕᕐ ᓂᖅᐸᑕ (rectal prolapse)
- ᐊᓇᔪᐃᖅᓯ ᒪ ᑐᐃᓐ ᓇᕐ ᓂᕈᕕᑦ ᑕᑉ ᑯᐊᒪᓕᒐᒃ ᓴᑦ ᒪᓕᓚᐅᕋᓗᐊᕐ ᓗᒋᑦ ᓴᓇᑕᐃᓕᖕᒐᒃ ᒪᕈᖕᒐᒃ

- ᐊᓇᐃᑦ ᐊᐅᖃᖅᑕᖅᐸᑦ

ᐊᓇᔪ ᐃᖅᓯᒪᑉ ᓗᓐ ᓂ ᐃᔅ ᓗᐊᖅᓴᐅᑦ ?

ᓄᑕᖃᑦ ᐃᔅ ᓱᐊᖅᓴᐅᑎᑐᕆᐊᖃᖅᐳᑦ ᑕᖅᓐ ᓂᑦ ᐊᒥ ᓲ ᓗᐊᖕᒋᓐ ᓂᒃ , ᐊᓯ ᖕᒋᒃ ᓗᒪᓕᒐᒃ ᓴᓐ ᓂᒃ ᒪᓕᒐ ᓗᑎᒃ . ᐃᔭᒐᑦ ᓗᑭᒃ ᐅᕙᓘᓃᑦ ᐃᑎᑦ ᒥᑎᒍᑦ ᐃᔅ ᓗᐊᖅᓴᐅᑎᑐᕈᖕ ᓇᖅᐳᑦ . ᓂᑦᑯᕕᕈᖕ ᓇᒥ ᐊᖅᑐᑎᑦ ᑭᓯ ᐊᓐ ᓂ ᐱᐅᔪᖅ ᐃᔅ ᓱᐊᖅᓴᐅᑎᓕᕆᔨ ᐊᐱᖅᓯᑦ ᓗᒍ .

ᐊᑐᒐᒃᓴᖅ 1: PEG3350 ᐊᓇᑦ ᓇᑦᑯᑦ

ᓯᕗᓪᓕᖅ ᐊᓇᑦ ᓇᑦᑯᑎᓐ ᓂᒃ ᐊᑐᖅᑎᓪᓗᒍ ᐊᑎᖃᖅᑐᓐ ᓂᒃ
polyethylene glycol 3350 (PEG3350). ᑕᒪᑦ ᒥᒃ ᐊᓇᑦ ᓇᑦᑯᑎᑦ ᑕᑉᑯ ᓂᖓᐃᓚᓯ ᒪᖕᒋᑦ , ᐅᖃᓕᒫᑦ ᓗᒋᑦ ᐱᐅᓂᖅᓴᐅᖅ . ᐃᓚᖕᒥᑦ ᐃᒡ ᓱᐊᖅᓴᐅᑎᑦ ᐅᑯ ᓂᖓᐊᑎᖃᖅᐳᑦ PEG3350 Lax-aDay®, Restoralax®, Relaxa® ᐊᒪ
Clearlax®.

ᐃᔅ ᓗᐊᖅᓴᐅᑦ ᐊᖕᒋᖕᖓᓄᑕᖃᑉ ᐅᑭ ᐅᖕᖓᒪ ᓕᒐ ᓗᒍ . ᐅᑉ ᓗᑦ ᐱᖕᒐᑦ ᐱᐊᓂᒃ ᐸᑕ ᑐᒐ ᓕᐊᓄᑦ ᓄᒃ ᑎᑦ ᓗᓐ ᓂ. ᐊᑐᑦ ᓂᓕᒃ ᓄᑕᕋᐃᑦ ᐃᔅ ᓗᐃᒃ ᓴᓕᖅᐸᑦ ᐅᑉ ᓗᓐ ᓂ ᐊᒥ ᓲ ᖕᒋᓐ ᓂᒃ .

ᓄᑕᖃᑦ ᐅᖕᒐᓐ ᓂ 6 ᑕᑭᑦ ᐅᑭ ᐅᓖᑦ ᐊᓇᔪ ᐃᖅᓯᒪᓐ ᓂᐸᑦ ᐃᔅ ᓱᐊᖅᓴᐅᑦ		
ᐅᑦᑯᒪ ᐃᓐ ᓂᖓ	ᐃᔅ ᓗᐊᖅᓴᐅᑦ PEG3350	ᐱᒐ ᔪᖕ ᓂᖓ
7-10 ᑭ ᓗᒍ ᕋᒪ	2 ᐊᓗᑎᐊᓛᖅ 100 ᒥ ᓕᓖᑕ	ᐅᑉ ᓗᖅ ᒪᕈᐃᑦ ᓗᒍ 3 ᐅᑉ ᓗᑦ
11–13 ᑭ ᓗᒍ ᕋᒪ	3 ᐊᓗᑎᐊᓛᑦ 150 ᒥ ᓕᓖᑕ	ᐅᑉ ᓗᖅ ᒪᕈᐃᑦ ᓗᒍ 3 ᐅᑉ ᓗᑦ
14-19 ᑭ ᓗᒍ ᕋᒪ	4 ᐊᓗᑎᐊᓛᑦ 200 ᒥ ᓕᓖᑕ	ᐅᑉ ᓗᖅ ᒪᕈᐃᑦ ᓗᒍ 3 ᐅᑉ ᓗᑦ
20-34 ᑭ ᓗᒍ ᕋᒪ	5 ᐊᓗᑎᐊᓛᑦ 250 ᒥ ᓕᓖᑕ	ᐅᑉ ᓗᖅ ᒪᕈᐃᑦ ᓗᒍ 3 ᐅᑉ ᓗᑦ
35-50 ᑭ ᓗᒍ ᕋᒪ	5 ᐊᓗᑎᐊᓛᑦ 250 ᒥ ᓕᓖᑕ	ᐅᑉ ᓗᖅ ᐱᖕᒐᑦ ᐃᑦ ᓗᒍ 3 ᐅᑉ ᓗᑦ
50+ ᑭ ᓗᒍ ᕋᒪ	10 ᐊᓗᑎᐊᓛᑦ 500 ᒥ ᓕᓖᑕ	ᐅᑉ ᓗᖅ ᐱᖕᒐᑦ ᐃᑦ ᓗᒍ 3 ᐅᑉ ᓗᑦ

ᒪᓕᒐᒃᓴᖅ 2: ᐊᓇᖕᒥᑦ ᒥᐊᓂᕆᑎᐊᑦ ᓗᒋᑦ ᐊᓇᔪ ᐃᖅᑕᑦ ᓂᐊᖕᒋᑦ ᒪᑦ

- ᐃᔅ ᓱᐊᖅᓴᐅᑎᑐᖅᑐᐃᓇᑦ ᓗᓐ ᓂ ᓄᑕᕋᐃᑦ PEG3350 ᐃᓕᑦᑯᓯ ᖕᒐᐅᑎᑦ ᓂᐊᑦ ᒪᑦ
- ᐊᓇᑎᐊᖅᑕᓕᑦ ᓗᓐ ᓂ
- ᓄᑕᖃᕕᑦ ᐊᓇᖕᒥᑦ ᖃᐅᔨᓴᑦ ᓗᒋᑦ (ᖃᐅᔨᓴᐅᑦ ᐊᑐᑦ ᓗᒍ Bristol)
- ᐃᔅ ᓱᐊᖅᓴᐅᑎᑐᖅᑕᖕᒐᒥ ᑭᒃ ᓕᒋ ᐊᑦ ᓗᒍ ᓯ ᑎᓗᐊᖕᒋᑐᒥ ᐊᓇᖅᑕᓕᑦ ᓗᓂᖅᐸᑦ ᕿᓗᓕᑦ ᑕᓕᑦ ᓂᖅᐸᓗᓃᑦ
- ᐃᔅ ᓱᐊᖅᓴᐅᑎᑐᖅᑐᐃᓇᒥ ᐊᑦ ᓗᓐ ᓂ ᑕᕿᖕᒐᒃ ᓂᒃ ᒪᕈᖕᓕᒃ ᓱᔪᖕᓇᐃᖅᐸᓕᐊᓂᖕᒋᑦ

ᐊᓇᔪ ᐃᖅᓯᒪᔪᓐ ᓄᑦ ᐃᔅ ᓱᐊᖅᓴᐅᑦ ᓄᑕᖃᓄᑦ 6 ᐅᖕᒐᓐ ᓂ ᑕᕿᓕᖕ ᓄᑦ		
ᐅᑦᑯᒪ ᐃᓐ ᓂᖓ	ᐃᔅ ᓗᐊᖅᓴᐅᑦ PEG3350	ᐱᒐ ᔪᒃ ᓗᓂ
7-10 ᑭ ᓗᒍ ᕋᒪ	2 ᐊᓗᑎᐊᓛᖅ 100 mL ᐃᔅ ᓗᐊᖅᓴᐅᑦ	ᐅᑉ ᓗᑕᒫᑦ ᑕᕿᓂᒃ ᒪᕈᖕᓂᒃ
11–13 ᑭ ᓗᒍ ᕋᒪ	3 ᐊᓗᑎᐊᓛᖅ 150 mL ᐃᔅ ᓗᐊᖅᓴᐅᑦ	ᐅᑉ ᓗᑕᒫᑦ ᑕᕿᓂᒃ ᒪᕈᖕᓂᒃ

14-17 ᑭ ᓗᒍ ᕋᒻᒪ	4 ᐊᓘᑎᐊᓛᖅ 200 mL ᐃᔅ ᓗᐊᖅᓴ ᐅᑦ	ᐅᑉ ᓗᑕᒫᑦ ᑕᕿᓂᒃ ᒪᕈᖕᓂᒃ
17+ ᑭ ᓗᒍ ᕋᒻᒪ	5 ᐊᓘᑎᐊᓛᖅ 250 mL ᐃᔅ ᓗᐊᖅᓴ ᐅᑦ	ᐅᑉ ᓗᑕᒫᑦ ᑕᕿᓂᒃ ᒪᕈᖕᓂᒃ

ᐊᓇᔪ ᐃᖅᓯ ᒪᑉ ᓗᓐ ᓂ ᐊᑐᒐ ᐅᔪᑦ ᐊᔪᕈ ᑕᐅᓕᕈᖕ ᓇᖅᐳᑦ ᑐᕋᓗᐊᖕᒋᑕ ᐃᑲᔫᑦ ᑕᐅᓂᐊᕐ ᓗᑎᒃ (ᖃᐅᔨᓴᕐ ᓂᑯ ᑕᖃᖕᒋᖅ ᐃᑲᔫᑦ ᑕᐅᓂᖕᒋᒃ ᓂᒃ ᐊᓇᔪ ᐃᖅᓯ ᒪᑉ ᓗᓐ ᓂ):

- pre-biotics or probiotics, intensive behavioral therapy ᐊᓯ ᖕᒋᒃ ᓗ ᐃᔅ ᓗᐊᖅᓴ ᐅᑎᑦ ᐊᑐᒐᒃ ᓴᑦ.

ᐅᑯ ᐊ ᐊᐃᓯ ᒪ ᓗᑎᑦ ᐊᑐᕈ ᖕᓇᖅ ᑕᑎᑦ ᐃᑲᔫᑦ ᑕᐅᔪᑦ
ᓂᕆᑎᐊᖅ ᑕᕐ ᓗᑎᑦ
ᐱᕈᖅᑐᑦ ᑕᒪᕐᒥᒃ ᑎᒥᒃ ᓄᑦ ᐃᔅ ᓱᐊᕐ ᒪᑕ. ᓄᑕᕋᐃᑦ ᐅᑭᐅᖕᒋᒪᓕᒃ ᓗᒋᑦ ᐱᕈᖅᑐᓐ ᓂᒃ ᓂᕆᑎᑦ ᑕᕆᐊᖃᖅᐸᑦ. ᑲᓇᑕᒻ ᒥ ᓂᕿᑎᐊᓐ ᓂᒃ ᐃᓕᓐ ᓂᐊᕈᑎᑦ ᐅᖃᓕᒪᕐ ᓗᒋᑦ. ᑎᒥᑎᐊᕆᖕᓇᖅᑐᓐ ᓂᒃ ᓂᕆᔭᒃ ᓴᐅᓂᐊᖅᑐᑦ ᐅᑉ ᓗᑕᒫᑦ ᐃᓚᖃᕆᐊᖃᖅᐳᑦ. ᓄᑕᖃᐃᑦ ᐱᕈᖅᐸᓕᐊᑎᐊᕋᔭᖅᐳᖅ ᑎᒥᑎᐊᕆᖕᓇᖅᑐᓐ ᓂᒃ ᓂᕆᔭᖕᒋᒃ ᐃᓚᓯᒪᑦ ᑕᖅᐸᑦ.

ᐃᒪᕐᑯᖅᑐᓯᒋᐊᕐ ᓗᒍ ᐊᑕᐅᑎᒃ ᑯᑦ.

ᐊᒥᓯᖕᒐᐊᕐ ᓗᒍ

- A 10 ᑭ ᓗᒍ ᕋᒻᒪ (22 lb) ᓄᑕᕋᖅ ᐃᒥᕆᐊᓕᒃ 1 litre (4 ᑏᑐᕐ ᕕᒃ) ᐅᑉ ᓗᑕᒫᑦ.
- A 20 ᑭ ᓗᒍ ᕋᒻᒪ (44 lb) ᓄᑕᕋᖅ ᐃᒥᕆᐊᓕᒃ 1.5 litres (6 ᑏᑐᕐ ᕕᒃ) ᐅᑉ ᓗᑕᒫᑦ.
- A 45 ᑭ ᓗᒍ ᕋᒻᒪ (99 lb) ᓄᑕᕋᖅ ᐃᒥᕆᐊᓕᒃ 2 ᓈᑐᔅ (8 ᑏᑐᕐ ᕕᒃ) ᐅᑉ ᓗᑕᒫᑦ.

ᓄᑕᕋᓚᑦ ᐃᒪᒃ ᒧᒃ ᑐᖅᑕᕆᐊᖃᖅᐳᑦ 2-3 ᑏᑐᕐ ᕕᖕᓂᒃ ᐅᑉ ᓗᑕᒫᑦ. ᐃᓛᓐ ᓂᑯᑦ ᐃᒥᖅᑕᕐ ᓄᑎᒃ ᐃᒥᕐᒥᒃ. ᐃᒥᒐᒃ ᓴᖅᑐᓗᐊᖅᑎᑕᐃᓕᓗᒋᑦ ᕿᓗᓕᓕᖅᓯ ᓇᕆᐊᖃᕐ ᒪᑕᓈᖕᒋᓗᐅᑉᔪᕐ ᓗᑎᒃ.

ᐊᓇᖅᑎᑕᐅᑕᓗᕆᒃ ᓴᕐ ᓂᖅ
ᓴᓇᑕᐃᓕᓗᒃ ᑖᒥᒃ ᐅᖕᒐᓛᓂᓘᓃᑦ ᓄᑕᕋᖅ ᐊᓇᕐ ᕕᖕᒥᒃ ᐊᑐᕐ ᓂᕐ ᒥᒃ ᖃᐅᔨᒪᓕᖅᐸᒃ ᐳᖅ. ᓂᕆᐊᓂᒫᖕᒐᒃ ᒥᐊᓇᕈᓯᕐᓕᕋᔭᕐ ᓂᖕᒐᒃ ᓂᒃ ᖃᐅᔨᓴᐅᔭᒥᐊᕐ ᓗᒍ. 20 ᐅᕙᓗᓂᑦ 30 ᒥᓂᑦᔅ ᓂᕆᐊᓂᒃ ᓯᒪᓕᕈᒻᒥ ᐊᓇᕐ ᕕᖕᒥᐃᒃ ᓯᕙᑎᐅᔭᒥᐊᕐ ᓗᒍ (ᐅᓇᑐᑦ ᐅᑭᐅᖕᒐᒪᓕᒃ ᓗᒍ, 3 ᒥᓂᑦᔅ ᐱᖕᒐᓐᓂᒃ ᐅᑭᐅᖃᖅᐸᑦ).

ᓄᑕᕋᐃᑦ ᑐᑉᒥᕋᒃ ᓴᖕᒐᓂᒃ ᑐᓂᓗᒍ. ᐊᓇᕐ ᓂᕐᒥᒃ ᐊᔪᕐ ᓇᖕᒋᓂᖅᓴᐅᓂᐊᕐ ᒪᑦ. ᐅᖃᓕᒫᖃᑎᒋᓗᒍᓱ ᐅᖃᓪᓗᓇᒃ ᓴᖃᑎᒋᓗᒍᓘᓃᑦ ᐊᓇᐅᔭᒻ ᒫᕐ ᓗᓐ ᓂ!
ᓄᑕᕋᐅᓗᐊᕐ ᓂᖅᓴᑦ ᓂᐱᑦ ᑕᒐᕐ ᓂᒃ ᕐᑯᕕᐊᒋᔭᖃᕐ ᒪᑕ ᐊᓇᒻ ᒫᕐ ᓗᑎᒃ ᓂᕆᐊᓂᒃ ᓯᒪᓕᕋᖕᒐᒻ ᓗ.

ᐅᑉ ᓗᑕᒫᖅᓯᐅᑎᓐ ᓂᒃ ᑎᑎᕋᖅᑕᕐ ᓗᑎᑦ:

- ᓄᑕᕋᐃᑦ ᐊᓇᖅᑕᕐ ᓂᖕᒋᓐ ᓂᒃ
- ᖃᓄᐃᑐᓐ ᓂᒃ ᐊᓇᖅᑕᕐ ᓂᖕᒋᓐ ᓂᒃ (ᑎᑎᖃᑦ ᐅᖃᓕᒫᕐ ᓗᒋᑦ ᐊᔨ ᖕᒋᖕᒋᓐ ᓂᒃ ᐊᓇᖅᑕᕐ ᓂᖕᒋᓐ ᓂᒃ ᑎᑎᕋᖅᓯᒪᔪᑦ)

ᐱᖃᐃᓕᓴᕐ ᓂᖅ
ᐱᖃᐃᓕᓴᕐ ᓂᖅ ᐊᓇᕐ ᓂᕐᒥᒃ ᐊᔪᕐ ᓇᖕᒥᑦ ᓯᓯᕐ ᒪᑦ ᐊᒪ ᐊᓐ ᓇᑦ ᓇᒻ ᒪᖕᓂᖅᓴᐅᒫᕐ ᓗᑎᒃ. ᓄᑕᖃᑦ ᐱᖃᐃᓕᓴᖅᑕᕆᐊᖃᖅᐳᑦ ᐃᑲᕋᒻᒥᒃ ᐊᑕᐅᓯᕋᓗᖕᒥᒃ ᐅᑉ ᓗᑕᒫᑦ. ᑲᓇᑕᒻ ᒥ ᐱᖃᐃᓕᓴᕐ ᓂᕐ ᒧᑦ ᐃᓕᓐ ᓂᐊᕈᑎᑦ ᑕᑯᒋᐊᕐ ᓗᒋᑦ ᑐᑭᓯᑲᓂᕈᐊᖅᑐᓐ ᓂ.

ᐊᓯᖕᒋᐃᓯᒪᒋᔭᕆᐊᓖᑦ

- ᐃᒻ ᒧᑦ ᑐᖅᑕᐃᓕᓚᐅᑉ ᓗᓐ ᓂ ᓴ ᓇᑕᐃᓕᖕᓂᑦ ᒪᕈᖕᓂᑦ , ᐊᔪ ᕆᔭ ᖃᕐ ᓂᕈᕕᑦ