

Hmong Colonoscopy
 May 2014
 By Jodi Ritacca/Monty Stuempert/Mayla

Hmong Colonoscopy VIDEO #3	English AUDIO	Hmong TRANSLATION AUDIO
1. TITLE GRAPHIC: Colonoscopy	Hmong Music full	Hmong Music full
2 Dr. Lo on camera	<p>Music/doctor on camera: “Hi, my name is Dr. Foung Lo, a HealthEast physician.</p> <p>“Colon cancer is one of the most common types of cancer in people over 50. Colonoscopy is the best way to prevent colon cancer or detect it at a treatable stage.</p>	<p>Nyob zoo, ntawm no kuv yog Dr. Foung Lo, kuv yog HE ib tug kws khomob.</p> <p>“Mob cancer txoj nyhuv loj yog ib hom mob cancer ntawm ntau hom mob cancer uas tau tshwmsim rau cov neeg uas muaj li 50 xyoo lawm saud Kuaj txoj nyhuv loj yog ib qho zoo tshaj uas yuav pab tiv thaiv tau kom tsis txhob mob cancer txoj nyhuv loj lossis ho nrhiav tau tus mob cancer thaum tseem kho tau.”</p>
3 mock patient walking into MNGI, sign,	<p>NARRATION: A colonoscopy is an exam to look at the health of the large bowel. The doctor looks at the inside of the bowel with a special tube and camera. The exam looks for early signs of changes..”</p>	<p>Colonoscopy yog txoj kev kuaj txoj nyhuv loj seb puas muaj mob qhov twg. Tus kws khomob yuav siv ib txoj yees “phibxej” uas muaj lub koob tсом los kuaj xyuas txoj nyhuv loj sab hauv. Txoj kev kuaj no yuav nrhiav tau thaum ntxov tejam uas txawv txav.</p>
4. body graphic zoom into colon & rectum	<p>NARRATION: “It’s also used to look for early signs of cancer in the colon and rectum .”</p>	<p>Tseem ho yog ib txoj kev kuaj uas yuav pab nrhiav tau thaum ntxov seb puas muaj mob cancer hauv txoj nyhuv loj thiab txoj nyhuv qhov quav.</p>
5. another graphic of colon	<p>NARRATION: “A colonoscopy let’s a doctor look inside the large intestine.“</p>	<p>Colonoscopy yog cia tus kws khomob tсом xyuas txoj nyhuv loj sab hauv.</p>
6. Hmong doctor/staff on camera	<p>NARRATION: “This allows the doctor to see inflamed tissue, abnormal growths, ulcers, and bleeding.”</p>	<p>Thiaj li yuav pab tau tus kws khomob pom ntsig nqaij o, hlwv nqaij hlav txawv, kiav txhab thiab ntshav los qhov twg.</p>

7 Mock patient in patient robe rolls to left side	NARRATION: “For the Exam you will lie on your left side on an exam bed.”	Thaum txog lub sijhawm kuaj, yuav kom koj pw tig cev rau sab lauj saum lub txaj kuaj neeg mob.
8. mock patient with tech/nurse	NARRATION: “You will be given medicine to help you feel sleepy and comfortable during the exam.”	Yuav muab ib qho tshuaj pab kom koj tsaug zog thiab tsis txhob hnov mob thaum lub sijhawm kuaj koj.
9. Colonoscope on counter	NARRATION: “The doctor will insert a long, slender, flexible tube into your rectum and slow guide it into your colon.” This tube is a called a colonoscope.”	Tus kws khomob yuav muab ib txoj yees uas ntev, me me, thiab nkhaus tau coj los ntxig rau ntawm koj txoj nyhuv qhov quav ces mam li maj mam tsij txoj yees mus raws koj txoj nyhuv loj. Txoj yees no hu ua Colonoscope.
10. clinician look at images on monitor	NARRATION: “The Colonoscope shows a picture of the inside of the colon on a computer screen. This allows the doctor to see the inside of the colon.	Txoj yees Colonoscope yuav tso daim duab thaj sab hauv txoj nyhuv loj tawm rau ntawm lub computer. Qhov no yuav pab tus kws khomob pom txheej nqaij sab hauv txoj nyhuv loj.
12 show clock	NARRATION “The exam will take between 30 to 60 minutes.”	Txoj kev kuaj no yuav siv sijhawm li 30 rau 60 nasthis.
13. graphic of polyp .	NARRATION: “If the doctor sees any area of concern. The doctor may remove all or a small part of the tissue. The doctor will use a tool in the colonoscope to do this.	Yog tus kwv khomob pom tej qho uas txhawj zog, ces tejzaum tus kws khomob yuav de tag nrho lossis ib qho me me mus kuaj. Tus kws khomob yuav siv ib yam khoom uas nyob hauv txoj yees Colonoscope los de ib qho mus kuaj.
14. graphic of colon with polyp	NARRATION: “This small growth can be a sign of cancer or future cancers. ”	Qhov nqaij hlav me me no yuav qhia tau tias yog cancer lossis yuav ua tau cancer rau yav tom ntej.

15. looking through microscope	NARRATION: “The removed tissue is called a biopsy and is sent to a laboratory for testing.”	Qhov nqaij uas de los ntawd hu ua biopsy thiab yuav tau xa mus kuaj rau ntawm qhov chaw kuaj kab mob
16.	NARRATION: “Your colon must be empty before the exam.”	Ua ntej tuaj kuaj, koj txoj nyhuv loj yuav tsum khoob huv si.
17. mock patient drinking water	NARRATION: “To empty your colon, you need to have a liquid diet for one to three days before the exam.”	Yuav pab kom txoj nyhuv loj khoob huv si, koj yuav tau haus cov ua kua nkaus xwb li 1 rau 3 hnub ua ntej tuaj kuaj.
18. show broth, water bottle, coffee, tea, diet soda	NARRATION: “A liquid diet means fat-free broth, water, plain coffee or plain tea or diet soda.”	Haus cov ua kua nkaus xwb xws li haus cov kua nqaij tsis muaj roj, haus dej, haus kavfes lossis dej ces tsis rau misnyuj lossis haus “pepsi” hom tsuag.
19. writing a prescription	NARRATION: “You will need to drink a medicine the night before your exam as well as 4 hours prior to your exam to clean out your colon.”	Koj yuav tau haus tshuaj hmo ua ntej Hnub koj teem tseg tuaj kuaj thiab 4 teev ua ntej lub sijhawm koj teem tseg tuaj kuaj thiaj li yuav pab ntxuav tau koj txoj nyhuv loj kom khoob huv si.
20. mock patient with doctor	NARRATION: “If the colon is not clean, the doctor may not be able to see inside the colon. The exam will have to be rescheduled”	Yog txoj nyhuv loj tsis khoob huv si, tus kws khomob yuav pom tsis tseeb sab hauv txoj nyhuv loj. Ces yuav tau rov qab teem koj tuaj kuaj dua.
21 SHOW MOCK PATIENT GETTING INTO VEHICLE	NARRATION: “It is important you have someone take you home after the exam. You will not be allowed to drive because of the medicine.”	Nws tseem ceeb heev uas koj yuav tsum muaj ib tug neeg thauj koj mus tsev tom qab kuaj tas. Yuav tsis pub koj tsav tsheb vim koj tseem qaug tshuaj.

<p>22 show doctor with mock patient</p>	<p>NARRATION: “This screening is safe. and complications are rare.” ‘Ask your doctor about any questions you may have.’”</p>	<p>Txoj kev kuaj no yeej tsis ntshai thiab tsawg tsawg zaus thiaj yuav muaj teeb meem tshwm sim tau. Nug koj tus kws khomob yog koj muaj lus nug.</p>
<p>24 Full screen graphic in English</p> <p><i>A special thank you to all our physicians, staff and interpreters at the HealthEast Rice Street, Roselawn & Roseville Clinics</i></p> <p><i>This video was made possible thanks to a HealthEast Foundation & Physician Giving Circle grant</i></p>	<p>MUSIC FULL</p> <p>MUSIC ENDS</p>	