Karen Colonoscopy VIDEO #3	English AUDIO	Karen TRANSLATION AUDIO
1. TITLE GRAPHIC: Colonoscopy	Karen Music full	Karen Music full
2 Karen staff on camera	music/doctor on camera:	ယမ်းမှားဒီးအဝဲအံးမှား
	Hi, my name is with ??	ပှံဉ်ဖးဒိဉ်ခဲစၢၢ်မ့ၢ်ခဲစၢၢ်တကလှဉ်လ၊အကဲထိဉ်ညီနု၊်သးဒီး သးပှၢ်လ၊အသးအိဉ်၅၀ဆူအဖိခိဉ်တဖဉ်နှဉ်လီၤ.
	"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."	တၢိဒိမၤကွၢ်ပုံ်ာဖးဒိဉ်တၢဂ်ဳၤမ့၊်ကျဲအဂ္ၤကတၢၢ်တဘိလၢ ကတြီဆၢဒီးယုထံဉ်အီၤဖဲလၢအဘှိဘဉ်ယါဘျါသ့ငံး အပတိၢိန္ဉ်ာလီၤ.
2a mock patient walking into MNGI, shot of sign	NARRATION: A colonoscopy is an exam to detect unexplained changes in bowels, blood in stool and blood from the rectum."	တၢိဒိမၤကွၢ်ပှံဉ်ဖးဒိဉ်တၢ်ဂီၤမ့၊်တၢ်မၤကွာ်တခါလၢကၰထံဉ်န့ၢ် ပှံဉ်အကျိၤအပူၤတာ်ဆီတလဲသးလၢတဘဉ်ဘျီးဘဉ်ဒါမ့ၢ်ဂ့ၤ သွံဉ်ပဉ်ဃုဉ်လ၊အ့ဉ်ကျါဒီးသွံဉ်လၢပှံဉ်ဖးဒိဉ်အကတၢၢ် (ခံပူၤ)သ့ဉ်တဖဉ်လီၤ.
3. body graphic zoom into colon & rectum	NARRATION: "It's also used to look for early signs of cancer in the colon and rectum ."	တါမၤကွာ်အံၤသူစ့ာ်ကီးလၢကဃုထံဉ်နာ့်ပုံာ်ဖးဒိဉ်ဒီး ပုံာ်ဖးဒိဉ်အကတၢ်(ခံပူၤ)ခဲစၢၢ်ကကဲထိဉ်သးအပနိဉ် သ့ဉ်တဖဉ်အဂိၢ်သ့စ့ာ်ကီးနူဉ်လီၤႉ
4. another graphic of colon	NARRATION: "A colonoscopy let's a doctor look inside the large intestine."	ကသံဉ်သရဉ်သရဉ်မှဉ်တဖဉ်ကွာ်ဆူပှံာ်ဖးဒိဉ်အကိညါအ ပူၤသ့ခီဖိျတၢိဒိမၤကွာ်ပှံာ်ဖးဒိဉ်တာ်ဂီၤန္ဉဉ်လီၤ.
5. Hmong doctor/staff on camera	NARRATION: "This allows the doctor to see polyps, abnormal growths, sores and bleeding."	ခီဖိုတၢိဒိမၤကွၢ်ပှံဉ်ဖးဒိဉ်တၢ်ဂီၤအယိကသံဉ်သရဉ်သရဉ်မှဉ် တဖဉ်ကဃုထံဉ်န့၊်ပှံာ်အညဉ်ကိဉ်လိဉ်ကဲထိဉ်သးလၢပှံာ်အပူၤ, ပှံာ်အညဉ်ကိဉ်လိဉ်လ၊အဒိဉ်ထီဉ်လ၊တဘဉ်ဘျီး ဘဉ်ဒါတဖဉ်,တၢ်ပူၤလိၢိဒီးတၢ်သွံ့ဉ်ယွှၤလီၤလၢပံ့ာ်အပူၤတဖဉ် သ့ဝဲဒဉ်န့ဉ်လီၤ.
7 Mock patient in patient robe rolls to left side	NARRATION: "For the procedure you will lie on your left side on an examining table."	လ၊တါမၤက္ခါအံၤအဂ်ိါနကဘဉ်မံနီၤလီၤတခ်ိဒ့လ၊အစ့ဉ်တခ်ိ လ၊တါမၤက္ခါလိါမံအဖိခ်ဉ်န္ဉါလီၤ .
8. mock patient with tech/nurse	NARRATION: "You will probably be given medication to help you feel sleepy and comfortable during the	မှၤကဟ့ဉ်စ့ာ်ကီးနၤကသံဉ်လၢကမၤမံခ့နၤဒီးကမၤစၢၤနၤဒ် သိးနသုတတူာ်ဘဉ်တာ်ဆါဖဲတာ်မၤကွာ်အခါသ့န့ဉ်လီၤ.

	exam.	
9. Colonoscope on counter	NARRATION: "The doctor will insert a long, slender, flexible tube into your rectum and slowly guide it into your colon." This tube is a called a colonoscope."	ကသံဉ်သရဉ်သရဉ်မုဉ်ကထၢနုဉ်လီးတါအဘိလၢအဆံး အထိဒီးအစါတဘိဆူနပှံဉ်ကတၢါအပူး(ခံပူး)ဒီးကဂီးနုဉ် လီးကယိကယီဆူနပှံဉ်ဖးဒိဉ်အပူးနုဉ်လီး. တါအဘိတဘိအံးမ့်၊တါဒိပ္ပံဉ်တါဂီးဘိလၢကဒိက္ခါပုံဉ်အပူးနုဉ် လီး.ဘဉ်တါကီးအသးလ၊ colonoscopeနုဉ်လီး.
10. clinician look at images on monitor	NARRATION: "The colonoscope shows an image of inside the colon to a computer screen. This allows the doctor to see the inside of the colon.	တၢိဒိပံှ်ာတၢဂ်ိဳးအံၤကဟ်ဖျါထီဉ်ပံ့ာ်ဖးဒိဉ်အကိညါပူးအဂ်ိဳး လၢခီးပ္ငူထၢဉ်အမဲာ်သဉ်လိၤလီၤ. လၢကျဲအံၤအပူၤကသံဉ်သရဉ်သရဉ်မုဉ်ကထံဉ်ဘဉ်နပံ့ာ်အကိ ညါအပူၤတၢ်အိဉ်သးသဲ့နှဉ်လီၤ.
12 show clock	NARRATION ".The exam will take between 30 to 60 minutes."	တါမၤကွာ်အံၤကတံာ်တာ်၃၀မံးနံးတုၤတနဉ်ရံဉ်သ့န္ဉာလီၤ.
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.	ဖဲတါမၤက္ခါအဆၢကတိၢကသံဉ်သရဉ်သရဉ်မုဉ်မ့ါ်ထံဉ် တါလီးဆီတမံးမံးတတီးတီးနှဉ်ဒီးအဝဲဒဉ် ကတံဉ်တဲဉ်ပှံဉ်အညဉ်တနီးမ့တမ့ါခဲလၢာ်သ့န္ဉဉ်လီး. လၢကမၤတါအံးအဂိါကသံဉ်သရဉ်သရဉ်မုဉ်ကသူဝဲဒဉ် တါပီးတါလီလၢအိဉ်သးလ၊တါဒိပ္ပံဉ်တါဂီၤအဘိဖိပူၤန္ဉဉ်လီၤ
14. graphic of colon with polyp	NARRATION: "This small growth can be a sign of cancer or future cancers. "	တၢ်ညဉ်ကိဉ်လိဉ်ဒိဉ်ထိဉ်သးလၢပှံာ်အပူးအံးမ့ာ် ပှံာ်ခဲစၢၢဴအပနိၢ်ဉ်မ့တမ့ၢ်ကဲထိဉ်ခဲစၢၢ်လၢခါလၢကဟဲ သ့ဝဲဒဉ်န္ဉ်ာလီး
15. looking through micrscope	NARRATION: "The removed tissue is called a biopsy and is sent to a laboratory for testing."	ပုံဉ်အညဉ်လ၊ဘဉ်တါတံာ်တဲာ်အီးအံးတါကီးအီးလ၊ biopsy ဒီးဘဉ်တါဆု၊ထိဉ်အီးဆူတါမးကွာ်ရးလ၊တါကမၤကွာ်အီၤ အဂိါန္ဉဉ်လီၤ.
16.	NARRATION: "Your colon must be empty before the exam.	နပှံာ်ပူးကဘဉ်လီးကအိ(တဘဉ်အိဉ်ဒီးတါ်နီတမံးဘဉ်) တချုးလ၊တါမၤကွၢ်ငံးဘဉ်န့ဉ်လီၤႉ

17.	NARRATION:	လ၊တါမၤက္ဂါအံၤအဂ်ိါနကဘဉ်အီတါထံတမံၤဇိၤတသီတုၤ
mock patient drinking		သၢသိတချူးတူးတာမၤက္စာအနုံးနှဉ်လီး.
water	"To prepare, you a liquid diet for one to three days before the exam."	
18.	NARRATION:	တါ်ထံမ့ါကသူထံလၢတပဉ်ဃုဉ်ဒီးတါ်သို့,ထံ့လးဖးထံ,
show broth, water bottle, coffee, tea, diet soda	"A liquid diet means fat- free broth, water, plain coffee or plain tea or diet soda."	coffeeလၢတပဉ်ဃုာ်ငီးတါ်နီတမံးဘဉ်မ့တမ့်idiet soda န့ဉ်လီး.
19. writing a prescription	NARRATION: "You will need to drink a medicine the night before your exam as well as 4 hours before to your exam to clean your colon."	လၢတၢ်ကသ့ကဆိုကွံာ်နပှံာ်ပူးအဂိၢိနကဘဉ်အီကသံဉ်ထံ ဖဲတချူးတု၊တၢ်မ၊ကွာ်မုၢ်နံးတနားေီး၄နဉ်ရံဉ်တချူးတု၊ တၢ်မ၊ကွာ်အခါန္ဉင်လီ၊
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"	ပံ့ဉ်မ့၊်တကဆိုဘဉ်ဒီးကသံဉ်သရဉ်သရဉ်မုဉ်ကွှၢ်ပံ့ဉ်အပူးတသဲ့ဘဉ် န့ဉ်လီး.တၢ်အံးမ့ကဲထိဉ်သးန့ဉ်ဒီးကဘဉ် Schedule ကဒါက့ၤတၢ်မၤကွာ်အသီတဘျိန့ဉ်လီၤ.
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."	အရဒိဉ်လ၊နကအိဉ်ဒီးပှ၊တဂ၊ဂ၊လ၊ကဆှ၊က့၊န၊ဆူနဟံဉ် ဖဲတ်၊မ၊ကွာ်ဝံ၊အလိၢံခံန္ဉ်လိ၊. ခီဖိုလ၊တာ်သူကသံဉ်မံလ၊တာ်မ၊ကွာ်အံးအဂိၢ်အဃိလ့၊တက္၊ နက္၊နီသိလ့ဉ်လ၊နကစၢ်ငဉ်ဝဲတသဲ့ဘဉ်.
22. show doctor with mock patient	NARRATION: "This screening is safe. and complications are rare." 'Ask your doctor about any questions you may have."	တါမၤကွာ်အံၤအညီဒီးတလီၤပုံၤဘဉ်. ဒီးတါ်ကီတါခဲတကဲထိဉ်သးကြိကြိဘဉ်. နတါသံကွာ်မ့အိဉ်တမံၤမံၤဒီးသံကွာ်နကသံဉ်သရဉ်သရဉ်မုဉ်သ့ ဝဲဒဉ်န္ဉဉ်လီၤ.
23. full screen grapnic Call HealthEast	MUSIC FULL	
651-326-CARE (2273)		
24 Full screen graphic in	MUSIC FULL	

English		
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