

Collecting Sputum

Your doctor wants you to collect sputum for testing. Sputum is the thick material from deep in the lungs. You must cough deeply to get a sample out. It is not the watery fluid in your mouth or the back of your nose or throat.

How to Collect Sputum

You need to collect 1 sample of sputum each morning before breakfast for 3 mornings in a row. Collect each sample in a separate container.

Steps:

1. Wash your hands.
2. Spit out any fluid in your mouth.
3. Rinse your mouth well with water. Do not use mouthwash of any kind.
4. Cough deeply to get sputum up from the lungs. Spit the sputum directly into the container. Make sure you have at least one tablespoon of sputum.
5. Close the container tightly.
6. Wash your hands.

After You Get the Sample

- Check with your doctor to see if you need to refrigerate the samples until you can get them to the laboratory.
- Write your name and the date of the sample on each container.

جمع عينة بلغم

يريدك طبيبك أن تجمع بعض البلغم للفحص. والبلغم هو مادة سميكة لزجة تخرج من عمق الرئتين. يجب أن تسعل بقوة لإخراج عينة من البلغم. فهو ليس اللعاب السائل الموجود في فمك أو مؤخرة أنفك أو حلقك.

كيفية جمع عينة البلغم

تحتاج إلى جمع عينة واحدة من البلغم كل صباح قبل الإفطار لمدة ثلاثة أيام متتالية. اجمع كل عينة في حاوية منفصلة.

اتبع الخطوات التالية:

1. اغسل يديك.
2. ابصق أي سوائل خارج فمك.
3. اشطف فمك جيداً بالماء. تجنب استخدام غسول فم من أي نوع.
4. اسعل بقوة لإخراج البلغم من الرئتين. ابصق البلغم مباشرة في الحاوية. تأكد من أن لديك مقدار ملعقة كبيرة على الأقل من البلغم.
5. أغلق الحاوية بإحكام.
6. اغسل يديك.

بعد الحصول على العينة

- استشر طبيبك لمعرفة ما إذا كنت بحاجة إلى تخزين العينات في الثلاجة إلى حين تسليمها إلى المعمل.
- اكتب اسمك وتاريخ العينة على كل حاوية.

- Return all 3 containers to:

Call your doctor's office if you cannot cough up sputum from your lungs.

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- قم بإعادة حاويات العينات الثلاثة إلى:

اتصل بعيادة الطبيب إذا لم تتمكن من إخراج البلغم من رئتيك.

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Collecting Sputum. Arabic.