

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.

Collecte d'expectorations

Votre médecin souhaite que vous collectiez des expectorations pour réaliser des examens. Les expectorations sont les matières épaisses qui proviennent du fond des poumons. Vous devez tousser fortement pour qu'un échantillon sorte de vos poumons. Ce n'est pas le liquide qui est présent dans votre bouche, ou au fond de votre nez ou de votre gorge.

Collecte des expectorations

Vous devrez collecter 1 échantillon d'expectorations chaque matin avant le petit-déjeuner pendant 3 jours de suite. Collectez chaque échantillon dans un récipient distinct.

Étapes :

1. Lavez-vous les mains.
2. Crachez les liquides présents dans votre bouche.
3. Rincez-vous bien la bouche avec de l'eau. N'utilisez aucun produit de bain de bouche.
4. Toussez fortement pour faire sortir des expectorations de vos poumons. Crachez directement les expectorations dans le récipient. Assurez-vous d'avoir au moins une cuillerée à soupe d'expectorations.
5. Fermez bien le récipient.
6. Lavez-vous les mains.

Après obtention de l'échantillon :

- Demandez à votre médecin si vous devez réfrigérer les échantillons jusqu'à ce que vous puissiez les amener au laboratoire.
- Inscrivez votre nom et la date de l'échantillon sur chaque récipient.

- Return all 3 containers to:

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

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- Renvoyez les 3 récipients à :

Téléphonez au cabinet de votre médecin si vous ne parvenez pas à collecter les expectorations de vos poumons.

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