

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.

收集浓痰

您的医生要您收集浓痰以进行检验。浓痰是肺部深处的浓液。您必须使劲咳嗽才能得到标本。它不是口中、鼻腔后部或喉部的清痰。

收集方法

您需要每天早餐前收集一个标本，连续三天。将三个标本分别放在三个不同的容器中。

步骤：

1. 洗手。
2. 吐出口中的任何液体。
3. 用水好好地漱口。不要用任何种类的漱口水。
4. 使劲咳嗽，把浓痰从肺部咳出。将痰直接吐入容器内。要确保至少有一汤匙的量。
5. 将容器盖紧。
6. 洗手。

采集到标本后

- 问医生您是否在把标本送到化验室之前需要冷藏标本。
- 在每个容器上写下自己的姓名和日期。

- Return all 3 containers to:

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

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- 将所有三个容器送至：

如果您无法从肺中咳出浓痰，请给医生诊所打电话。

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Collecting Sputum. Simplified Chinese.