

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.

Ururinta Xaakada

Dhakhtarkaagu waxa uu rabaa inaad ururisid xaakada si loo baadho. Xaakadu waa walaxda adag ee ka soo go'da gudaha sambabadaada. Waa inaad xoog u qufacdid si aad qadar xaako ah u soo saartid. Xaakadu ma aha dheecaanka biyaha ah ee afkaaga ama xagga dambe ee sanku ama dhuunta.

Sida Loo Ururiyo Xaakada

Waa inaad ururisid 1 qadar oo ah xaako subax kasta ka hor quraacda ilaa saddex subax oo isku xigta. Qadar kasta ku ururi ama rid weel gooni ah.

Talaabooyinka:

1. Dhaq gacmahaaga.
2. Tuf wixii dheecaan ku jira afkaaga.
3. Si wacan afkaaga biyo ugu luqluq. Ha isticmaalin af-dhaq aan biyaha ahayn nooc kasta ha ahaado.
4. Si xoog leh u qufac si aad xaako uga soo saartid sambabada. Si toos ah xaakada ugu rid weelka. U hubso inaad haysid ugu yaraan hal qaado oo buuxda oo ah xaako.
5. Si adag u xidh weelka.
6. Dhaq gacmahaaga.

Ka dib marka aad qaadid qadarka xaakada ah

- Weydii dhakhtarkaaga si aad u ogaatid in loo baahan yahay in qaboojiyaha lagaliyo qadarka xaakada ilaa aad u geynaysid shaybaadhka.
- Magacaaga iyo taariikhda ku qor weel kasta oo uu ku jiro qadar xaako ahi.

- Return all 3 containers to:

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

2007 – 1/2013 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- Dhamaan 3-da weel u keen:

Wac xafiiska dhakhtarkaaga haddii aanad intaad qufacdid xaako ka soo saari karin sambabadaada.

2007 – 1/2013 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Collecting Sputum. Somali.