

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.

Toma de muestra de esputo

Su médico desea que tome una muestra de su esputo para examinarla. Esputo es el material espeso proveniente de lo profundo de los pulmones. Usted debe toser profundamente para obtener una muestra. No es el fluido acuoso en su boca o de atrás de la nariz o garganta.

Cómo tomar una muestra de esputo

Debe tomar una muestra de esputo cada mañana antes del desayuno durante 3 mañanas consecutivas. Guarde cada muestra en un recipiente aparte.

Pasos:

1. Lávese las manos.
2. Escupa cualquier líquido que tenga en la boca.
3. Enjuáguese bien la boca con agua. No utilice ningún tipo de enjuague bucal.
4. Tosa profundamente para obtener esputo de los pulmones. Escupa el esputo directamente en el recipiente. Asegúrese de obtener al menos una cucharada de esputo.
5. Cierre el recipiente firmemente.
6. Lávese las manos.

Después de obtener la muestra

- Pregúntele a su médico si debe refrigerar las muestras hasta que pueda llevarlas al laboratorio.
- Escriba su nombre y la fecha de la muestra en cada recipiente.

- Return all 3 containers to:

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

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- Devuelva los 3 recipientes a:

Llame a la consulta de su médico si no puede obtener el esputo de sus pulmones.

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Collecting Sputum. Spanish.