

# 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.

# 收集濃痰

您的醫生要您收集濃痰以進行檢驗。濃痰是肺部深處的濃液。您必須使勁咳嗽才能得到標本。它不是口中、鼻腔後部或喉部的清痰。

## 收集方法

您需要每天早餐前收集一個標本，連續三天。將每個標本分別放在單獨的容器中。

步驟：

1. 洗手。
2. 吐出口中的任何液體。
3. 用水好好地漱口。不要用任何種類的漱口水。
4. 使勁咳嗽，把濃痰從肺部咳出。將痰直接吐入容器內。要確保至少有一湯匙的量。
5. 將容器蓋緊。
6. 洗手。

## 採集到標本後

- 詢問醫生是否在把標本送到化驗室之前需要冷藏標本。
- 在每個容器上寫下自己的姓名和日期。

- Return all 3 containers to:

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

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- 將所有三個容器送至：

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如果您無法從肺中咳出濃痰，請給醫生診所打電話。

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## Collecting Sputum. Traditional Chinese.