

How to Collect a Sputum Sample for Your Lab Test

Collecting a Sputum Sample

Your health care provider has ordered a sputum (also called mucus or phlegm) collection test. The test that is circled below is the one you will need to do.

Before You Collect Your Sample

- You will be given the collection container(s) for your lab test before you are sent home.
- Write the following information on each of your collection containers:
 - your full name
 - date of collection
 - time of collection.
- Rinse or gargle with water.

How to Collect Your Sample

- Collect only one sample per day.
- Collect the sample(s) right away when you wake up from sleeping. Cough as deeply as possible to raise the sputum from your lungs (instead of saliva from your mouth).
- If you have problems collecting your sample, call your health care provider.

Follow the directions below to complete your sputum collection test.

Ua Li Cas thiaj Cug tau ib co Hnoos Qeev Coj Mus Kuaj

Txoj Kev Cug Cov Hnoos Qeev

Koj tus kws kho mob tau hais kom koj cug ib co hnoos qeev (uas kuj hu ua qaub ncaug nplaum los sis qeev) coj mus kuaj. Txoj kev kuaj nram qab no uas sau voj voog ib ncig yog qhov uas koj yuav tsum ua.

Ua Ntej Koj Cug Ib Co Hnoos Qeev Coj Mus Kuaj

- Lawv yuav muab ib hwj cug cov hnoos qeev rau koj ua ntej koj mus tsev.
- Sau tej xov xwm nram qab no rau ntawm koj txhua lub hwj:
 - koj lub npe tag nrho
 - hnuv uas muab cug cia
 - muab cug thaum pes tsawg moos.
- Yaug qhov ncauj los sis npuav dej.

Ua Li Cas thiaj Cug tau Koj Cov Hnoos Qeev

- Tsuas pub cug ib qho hnoos qeev tauj ib hnuv.
- Cug cov hnoos qeev tom qab koj tsim los kiag. Sib zog hnoos kom thiaj hu tau cov qeev los ntawm koj ob lub ntsws (kom tsis txhob yog cov qaub ncauj ntawm koj lub qhov ncauj xwb).
- Yog koj muaj teeb meem cug koj cov hnoos qeev, hu koj tus kws kho mob.

Ua raws li tej lus qhia nram qab no kom thiaj cug tau koj cov hnoos qeev.

(over)

Kev Kuaj	Lub Hwj	Lus Qhia
Kuaj Hnoos Qeev Seb Puas Muaj Kab Mob, Ua Tsuas	lub hwj huv uas muaj lub hau ntswj kom ntom	<ul style="list-style-type: none"> ■ Cug ib qho hnoos qeev. ■ Kom zoo tshaj, yuav tsum xa cov hnoos qeev rov qab los rau lub tsev kuaj mob ua ntej dhau ob xuab moos. Yog tias ua tsis tau li no, muab cov hnoos qeev cia hauv chav tsev thiab xa rov qab los ua ntej dhau 24 xuab moos.
Kuaj Seb Puas Muaj tus Kab Mob AFB, Ua Tsuas	lub hwj huv uas muaj lub hau ntswj kom ntom	<ul style="list-style-type: none"> ■ Cug kom tau peb qho hnoos qeev hauv peb hnuv. ■ Cug txhua qhov hnoos qeev kom nyias muaj nyias lub hwj. ■ Khaws cov hnoos qeev no cia hauv tub yees. ■ Xa txhua qhov hnoos qeev rov qab los rau lub tsev kuaj mob thaum tib lub sij hawm.
Kuaj Seb Puas Mob Pwm	lub hwj huv uas muaj lub hau ntswj kom ntom	<ul style="list-style-type: none"> ■ Cug kom tau peb qho hnoos qeev hauv peb hnuv. ■ Cug txhua qhov hnoos qeev kom nyias muaj nyias lub hwj. ■ Khaws cov hnoos qeev no cia hauv tub yees. ■ Xa txhua qhov hnoos qeev rov qab los rau lub tsev kuaj mob ua ntej dhau ob hnuv tom qab muab cug cia.
Mob Pwm/Pneumocystis, Ua Tsuas	lub hwj huv uas muaj lub hau ntswj kom ntom	<ul style="list-style-type: none"> ■ Cug ib qho hnoos qeev. ■ Khaws qhov hnoos qeev no cia hauv tub yees. ■ Xa rov qab los rau lub tsev kuaj mob ua ntej dhau 24 xuab moos.
Hnoos Qeev coj Mus Kuaj Xyuas (Cytology)	lub hwj huv uas muaj lub hau ntswj kom ntom	<ul style="list-style-type: none"> ■ Cug ib qho hnoos qeev. ■ Khaws qhov hnoos qeev no cia hauv tub yees. ■ Xa rov qab los rau lub tsev kuaj mob ua ntej dhau 24 xuab moos.

Test	Container	Directions
Sputum Culture, Stain	sterile screw top container	<ul style="list-style-type: none"> ■ Collect one sample. ■ For best results, return the sample to the clinic within two hours. If this is not possible, keep the sample at room temperature and return it within 24 hours.
AFB Culture, Stain	sterile screw top container	<ul style="list-style-type: none"> ■ Collect a total of three samples on separate days. ■ Collect each sample in a different cup. ■ Keep the samples in the refrigerator. ■ Return all of the samples to the clinic at one time.
Fungus Culture	sterile screw top container	<ul style="list-style-type: none"> ■ Collect a total of three samples on separate days. ■ Collect each sample in a different cup. ■ Keep the samples in the refrigerator. ■ Return each sample to the clinic within two days of collection.
Fungus/Pneumocystis, Stain	sterile screw top container	<ul style="list-style-type: none"> ■ Collect one sample. ■ Keep the sample in the refrigerator. ■ Return the sample to the clinic within 24 hours.
Sputum for Cytology	sterile screw top container	<ul style="list-style-type: none"> ■ Collect one sample. ■ Keep the sample in the refrigerator. ■ Return the sample to the clinic within 24 hours.