

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.

Sida Qadar ama Saambal Xaako ah Loogu Qaado Baadhitaankaaga Shaybaadhka

Ururinta saambal Xaako

Bixiyahaaga daryeel caafimaad waxa uu amray baadhitaan xaako la ururiyay. Baadhitaanka hoose ee goobo ama wareeg la galiyay ayaa ah ka aad u baahan tahay inaad sameysid.

Ka-hor inta Aanad Ururin Saambalkaaga

- Waxa lagu siin doonaa weelka ururinta ee baadhitaankaaga shaybaadhka ka hor inta aan lagu dirin guriga.
- Macluumaadka soo socda ku qor mid kasta oo ah weelkaaga ururinta:
 - magacaaga oo buuxa
 - taariikhda ururinta
 - wakhtiga ururinta.
- Ku luqluqo biyo.

Sida Loo Ururiyo Saambalkaaga

- Ururi hal saambal kaliya halkii maalin.
- Ururi saambalka isla markiiba marka aad hurdada ka soo toostid. U qufac sida ugu xoogga badan ee suurtoagal ah si xaakadu uga soo go'do sambabadaada (halka aad ka tufi lahayd candhuufta afkaaga).
- Haddii dhibaatooyin kaa haystaan ururinta saambalkaaga xaakada, wac bixiyahaaga daryeel caafimaad.

Raac fariimaha hoose si aad u dhammeystirtid ururinta xaakadaada baadhitaanka.

Baadhitaan	Weel	Fariimo
Abuur Xaako (Sputum Culture), Midabeyn (Stain)	weelka leh furka la maroojiyo ee jeermi-dilan	<ul style="list-style-type: none"> ■ Ururi hal saambal xaako. ■ Si loo helo natiijada ugu fiican, saambalka xaakada u keeni xarunta gudaha laba saacadood. Haddii tani aanay suurtoagal ahayn, saambalka xaakada ku hay heerkul qol oo keen gudaha 24 saacaadood.
Abuur, Midabeyn AFB (AFB Culture, Stain)	weelka leh furka la maroojiyo ee jeermi-dilan	<ul style="list-style-type: none"> ■ Ururi isku-darka saddex saambal oo ah maalmo kala duwan. ■ Saambal kasta ku ururi koob gaar ah. ■ Saambalada ku hay qaboojiyaha. ■ Dhammaan saambalada keen xarunta isku wakhti.
Abuur Fangas (Fungus Culture)	weelka leh furka la maroojiyo ee jeermi-dilan	<ul style="list-style-type: none"> ■ Ururi isku-darka saddex saambal oo ah maalmo kala duwan. ■ Saambal kasta ku ururi koob gaar ah. ■ Saambalada ku hay qaboojiyaha. ■ Dhammaan saambalada keen xarunta gudaha laba maalmood ka dib ururinta.
Fangas/Nuumosistis, Midabeyn (Fungus/ Pneumocystis, Stain)	weelka leh furka la maroojiyo ee jeermi-dilan	<ul style="list-style-type: none"> ■ Ururi hal saambal. ■ Saambalka ku hay qaboojiyaha. ■ Saambalka u keen xarunta gudaha 24 saacadood.
Xaako Loogu Talagalay Saytoolooji (Cytology)	weelka leh furka la maroojiyo ee jeermi-dilan	<ul style="list-style-type: none"> ■ Ku ururi hal saambal. ■ Saambalka ku hay qaboojiyaha. ■ Saambalka u soo celi xarunta caafimaadka gudaha 24 saac.

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.