

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. Spit out any fluid in your mouth.
2. Rinse your mouth well with water.
3. Cough deeply to get sputum up from the lungs. Spit the sputum directly into the container.
4. Close the container tightly.

After you get the sample:

- Keep the container at room temperature until you return it for testing.
- Write your name and the date of the sample on each container.
- Return all 3 containers to:

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

Ururinta Xaakada

Dhakhtarkaagu waxa uu rabaa inaad ururid 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 sanko ama dhuunta.

Sida Loo Ururiyo Xaakada

Waa inaad ururid 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. Tuf wixii dheecaan ku jira afkaaga.
2. Si wacan afkaaga biyo ugu luqluq.
3. Si xoog leh u qufac si aad xaako uga soo saartid sambabada. Si toos ah xaakada ugu rid weelka.
4. Si adag u xidh weelka.

Ka dib marka aad qaadid qadarka xaakada ah:

- Weelka ku hay heerkulka qolka ilaa aad ka keenaysid si loo baadho.
- Magacaaga iyo taariikhda ku qor weel kasta oo uu ku jiro qadar xaako ahi.
- Dhamaan 3-da weel u keen:

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

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