

# How to Collect a Sputum Sample for Your Lab Test

## General Information

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 Collecting Your Sputum 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.

## Collecting Your Sputum 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.



Allina Health  
**LABORATORY**

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# Sida Qadar ama Saambal Xaako ah Loogu Qaado Baadhitaankaaga Shaybaadhka

## Macluumaad Guud

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 Xaakada

- 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.

## Ururinta Saambalkaaga Xaakada

- 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
<b>Abuur Xaako (Sputum Culture), Midabeyn (Stain)</b>	koob nadiif ah oo leh fur la maroojiyo	<ul style="list-style-type: none"> <li>■ Ururi hal saambal xaako.</li> <li>■ 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.</li> </ul>
<b>Abuur, Midabeyn AFB (AFB Culture, Stain)</b>	koob nadiif ah oo leh fur la maroojiyo	<ul style="list-style-type: none"> <li>■ Ururi isku-darka saddex saambal oo ah maalmo kala duwan.</li> <li>■ Saambal kasta ku ururi koob gaar ah.</li> <li>■ Saambalada ku hay qaboojiyaha.</li> <li>■ Dhammaan saambalada keen xarunta isku wakhti.</li> </ul>
<b>Abuur Fangas (Fungus Culture)</b>	koob nadiif ah oo leh fur la maroojiyo	<ul style="list-style-type: none"> <li>■ Ururi isku-darka saddex saambal oo ah maalmo kala duwan.</li> <li>■ Saambal kasta ku ururi koob gaar ah.</li> <li>■ Saambalada ku hay qaboojiyaha.</li> <li>■ Dhammaan saambalada keen xarunta gudaha laba maalmood ka dib ururinta.</li> </ul>
<b>Fangas/Nuumosistis, Midabeyn (Fungus/ Pneumocystis, Stain)</b>	koob nadiif ah oo leh fur la maroojiyo	<ul style="list-style-type: none"> <li>■ Ururi hal saambal.</li> <li>■ Saambalka ku hay qaboojiyaha.</li> <li>■ Saambalka u keen xarunta gudaha 24 saacadood.</li> </ul>
<b>Xaako Loogu Talagalay Saytoolooji (Cytology)</b>	Tuubada CytoLyt™	<ul style="list-style-type: none"> <li>■ Ururi isku-darka saddex saambal oo ah maalmo kala duwan.</li> <li>■ Dhammaan saambalada ku rid hal weel.</li> <li>■ Saambalada ha galin qaboojiyaha.</li> <li>■ Dhammaan saambalada keen xarunta isku wakhti maalinta saddexaad ee ururinta saambalada.</li> </ul>

Test	Container	Directions
<b>Sputum Culture, Stain</b>	clean cup with a screw cap	<ul style="list-style-type: none"> <li>■ Collect one sample.</li> <li>■ 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.</li> </ul>
<b>AFB Culture, Stain</b>	clean cup with a screw cap	<ul style="list-style-type: none"> <li>■ Collect a total of three samples on separate days.</li> <li>■ Collect each sample in a different cup.</li> <li>■ Keep the samples in the refrigerator.</li> <li>■ Return all of the samples to the clinic at one time.</li> </ul>
<b>Fungus Culture</b>	clean cup with a screw cap	<ul style="list-style-type: none"> <li>■ Collect a total of three samples on separate days.</li> <li>■ Collect each sample in a different cup.</li> <li>■ Keep the samples in the refrigerator.</li> <li>■ Return each sample to the clinic within two days of collection.</li> </ul>
<b>Fungus/Pneumocystis, Stain</b>	clean cup with a screw cap	<ul style="list-style-type: none"> <li>■ Collect one sample.</li> <li>■ Keep the sample in the refrigerator.</li> <li>■ Return the sample to the clinic within 24 hours.</li> </ul>
<b>Sputum for Cytology</b>	CytoLyt™ tube	<ul style="list-style-type: none"> <li>■ Collect a total of three samples on separate days.</li> <li>■ Put all of the samples in one container.</li> <li>■ Do not keep the samples in the refrigerator.</li> <li>■ Return all of the samples to the clinic at one time on the third day of collecting the samples.</li> </ul>