



【痰液採集方法】

【Guidelines for collection of Sputum Specimens】

1. 用清水漱口。
2. 深呼吸。試著在你的胸部深咳出粘液。你可能需要做幾次深呼吸，並做多次的咳嗽。
3. 痰液的培養最好取清晨第一口痰（應為深部咳出的痰，不是唾液）。
4. 將痰咳於無菌痰盒裡。
5. 將蓋子確實旋緊密封，使檢體不外漏。
6. 收集後請立刻送檢，若無法立刻送檢時，請將痰液放置於 2~8°C 之冰箱中。
7. 使用無菌痰盒（門診檢驗室免費提供）送檢，並在容器上註明姓名和病歷號。
8. 請您攜帶健保卡，儘快將檢驗單及痰液瓶送至門診檢驗室。

1. Gargle with water to rinse out your mouth.
2. Take deep breaths. Try to cough up mucous from deep in your chest. You may need to take several deep breaths and do lots of coughing.
3. It is better to collect the first spit of sputum in the early morning.
4. Open the jar and hold it close to your mouth. Spit the mucous into the jar, without getting any on the outside of the jar.
5. Screw the lid on tightly, so it does not leak.
6. Put the specimen into the refrigerator (2-8°C) until you can return the specimens to the laboratory. The specimen must be returned.
7. Record your name and medical record number on the label attached to the sample collection jar which is available at OPD laboratory.
8. Deliver the examination form, National Health Insurance Card and the sample collection jar to OPD laboratory as rapidly as necessary to prevent drying of the specimen.

◎注意事項：Announcements:

若有任何疑問，請電話詢問臨床病理科。

If you have any further queries, please do not hesitate to contact us.

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三軍總醫院 祝您健康快樂