



如何采集结核 病痰标本

您需要采集三次痰标本，每次在早上。

用我们给您的保温箱（esky），里边还包括：

- 一个蓝色冷冻冰块，您到家后，将其放到塑料袋里，然后放进**冷冻箱**里
- 三个贴标签的标本管，每个管上注明1、2和3
- 三个棕色的纸袋
- 此采集步骤说明书。

在采集标本是，一定要采集从肺里的痰，**而不是**嘴里的唾液。紧紧按住胸腔的侧面，同时深呼吸，然后从肺部咳嗽，这样可以帮助倒痰。

如果痰不出来，可以试着把卫生间门关上，把热水管打开，这样卫生间有蒸汽。**请注意把水龙头关上，避免热水溢出。**在有蒸汽的卫生间坐5到10分钟，然后再试一次。或者，您还可以先洗个热淋浴或泡澡，再尝试咳嗽出痰。

步骤解释

请注意不要触碰标本采集管内部。

1. 早上起床后，在吃东西、喝水，刷牙之前，将第一个标本的采集到标本管里，用**1号**。然后仅仅将盖子盖紧以防流出来。
2. 在采集管上注明日期和时间。
3. 将采集管放进我们给您提供的小纸袋里，然后放进冰箱冷藏部分，注意不是冷冻。
4. 在接下来的两天，每天早上重复痰标本采集，并把它们放进**2号和3号**。
5. 收集好三个标本后，拿出冷冻箱里的蓝色冰块，连同三个标本放进随身携带保温箱（esky），将其马上送到结核病诊所或者当地的Pathwest病理实验室。

**在此期间，标本必须低温保存，
不可以被太阳晒到。**



西澳结核病控制项目

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请您不要吸烟或吸电子烟。

如需，请向我们索取这份文件的其他模式。



Instructions for collecting sputum for tuberculosis

We would like you to collect three early morning sputum (phlegm) samples.

You have been given an esky containing:

- A blue ice brick in a plastic bag to put into your **freezer** when you arrive home
- Three labelled sputum collection jars numbered 1, 2 and 3
- Three small brown paper bags
- These collection instructions.

It is essential you supply sputum from the lungs, **not** saliva from the mouth for this test. Breathing deeply while pressing firmly on the sides of your chest, followed by a deep cough, will help bring up the sputum.

If you have a problem producing the sputum, try closing the door to the bathroom and turning on the hot tap to fill the room with steam. **Please take care to avoid hot water overflow and scalding.** Sit in the steamy room for five to 10 minutes and then try again. Alternatively, have a warm shower or bath before trying to cough up the sputum.

Instructions

Please be careful not to touch the inside of the specimen collection jar.

1. When you wake in the morning and before you eat or drink anything, or clean your teeth, cough up your first specimen into the sputum collection jar marked with the **number 1**. Please screw the lid tightly on the jar to avoid leakage.
2. Write the date and time on the sputum collection jar.
3. Place the collection jar into the small paper bag provided and store in the fridge, not the freezer.
4. Repeat steps 1 to 3 for the next two mornings using the sputum collection jars **numbered 2 and 3**.
5. As soon as possible after the last sputum has been collected, take the blue ice brick from the freezer and place into the esky with the three collected sputums to return them to the TB clinic or local Pathwest pathology laboratory.

The specimens need to be kept cool and out of sunlight during transport to the clinic or pathology laboratory.



WA Tuberculosis Control Program

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