

# 痰液檢體採集時間衛教單張

## Education Sheet of Sputum Specimen Collection Time

- 建議取清晨的第一口痰，清水漱口後深吸一口氣，將痰用力咳在收集管中，並立刻將蓋子蓋緊。  
It is recommended to collect the first sputum of the morning. After rinsing the mouth, take a deep breath and cough the sputum into the collection tube, then immediately cover the lid tightly.
- 藍蓋之容器請咳至畫線處；白蓋之容器請咳兩口。  
For the container with a blue lid, cough until the line; for the container with a white lid, cough twice.
- 收集痰液時，建議收集最濃稠時之檢體，請盡量檢取咳出之深部痰液而非口水，若僅只吐口水將影響檢驗結果。  
When collecting sputum, it is recommended to collect the thickest specimen possible. Please try to collect deep sputum rather than saliva. If only saliva is collected, it will affect the test results.
- 白蓋之容器不可冷藏，收集後請盡速送檢。  
Don't store the container with a white lid in refrigerator. Please send the specimen as fast as possible.
- 若無法每日送檢時，請配合採集（吐）痰檢體時間表  
If unable to send the specimen for testing daily, please refer to the sputum specimen collection schedule.

採集（吐）痰檢體時間表									說明
星期一	星期二	星期三	星期四	星期五	星期六	星期日	星期一	星期二	
採	採	採 (送)							最晚於星期三送回三套檢體。
	採	採	採 (送)						最晚於星期四送回三套檢體。
					採	採	採 (送)		最晚於星期一送回三套檢體。
						採	採	採 (送)	最晚於星期二送回三套檢體。

※星期六、日，無操作結核菌檢驗，星期五至星期日收件的檢體（冷藏保存），統一在星期一操作。為維持檢體品質，保存天數請勿超過三天。

※There is no tuberculosis testing on Saturdays and Sundays. Specimens received from Friday to Sunday (stored in a refrigerator) will be processed on Monday.

To maintain specimen quality, do not exceed three days of storage.