

糞便檢驗採檢說明

Stool Specimen Collection Instructions

一、採檢前準備 / 1. Pre-Collection Preparation

請先排空膀胱，避免尿液混入糞便檢體。採檢時請使用乾淨的塑膠袋或保鮮膜接便，避免直接接觸馬桶水，並請勿使用衛生紙包覆檢體。

Please empty your bladder before stool collection to avoid urine contamination. Use a clean plastic bag or cling film to catch the stool, avoiding contact with toilet water. Do not wrap the specimen with tissue paper.

二、採樣方式 / 2. Sampling Method

1. 若糞便中有肉眼可見之黏液或血絲，請優先採集該部分；若外觀均勻，則隨機挖取即可。

If mucus or blood streaks are visible in the stool, collect those portions preferentially; otherwise, collect a random part.

2. 使用檢體盒內附的採檢棒挖取約一個小指節量的糞便。

Use the sampling stick provided in the stool container to collect about a fingertip-sized amount of stool.

三、檢體保存與送檢 / 3. Storage and Submission

當日糞便應儘速送檢；若於晚間排便，請將檢體冷藏保存，並於翌日早上送交檢驗科。

Submit the stool specimen as soon as possible on the day of collection. If collected at night, refrigerate it and deliver it to the laboratory the next morning.

四、注意事項 / 4. Precautions

採檢前三天請避免攝取含類過氧化酶之食物，例如豬肝、豬血、動物內臟、菠菜、香蕉、維生素 C、鐵劑或非類固醇抗發炎藥（NSAIDs）。

Avoid consuming foods containing peroxidase-like substances three days before sampling, such as pork liver, pig blood, animal organs, spinach, bananas, vitamin C, iron supplements, or NSAIDs.

五、蟯蟲貼片檢查 / 5. Pinworm Tape Test

蟯蟲貼片檢查需連續進行兩日：

The pinworm tape test should be performed on two consecutive days:

第 1 天：早晨起床後，使用左側有黏性的貼片輕壓肛門口。

Day 1: Upon waking, press the adhesive side on the left of the tape onto the anus.

第 2 天：隔天早晨，使用右側有黏性的貼片同樣壓肛門口。

Day 2: The next morning, use the adhesive side on the right of the tape to press against the anus.

完成後將兩面貼合，再送至檢驗科。

After completion, fold the tape and submit it to the laboratory.

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