

Patient Instructions for Collection of Sputum

The following instructions are intended to help you collect the correct specimen for the test your doctor has requested.

First read the instructions carefully, make sure you are prepared, and then follow each of the steps to ensure proper collection

Collection procedure:

Note:

- Early morning sputum specimens are preferred, but samples collected at other times of the day are acceptable. Sputum is the material brought up from as far down in the lungs as possible after a deep cough. It is not saliva

Obtain a sterile container from the laboratory

Wash and dry your hands thoroughly

Remove the container lid and set it aside. Handle the specimen container with care. Do not touch inside of the bottle or lid.

If you wear dentures, remove them

Blow your nose.

Rinse your mouth well with water

If the sample is for TB testing then do not rinse your mouth with water. Collect this sample prior to ingesting any food. Follow the collection instructions provided in the collection kit for TB.

After a deep cough, place (expectorate) the sputum into the specimen container.

Place lid carefully on the container.

Write the name, date of birth and date and time of collection on the container

Refrigerate the sample until you bring it to the laboratory

Bring the container and doctors requisition to the laboratory as soon as possible