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## **SPUTUM COLLECTION**

**IMPORTANT: For accurate test results, please read all directions first and follow them carefully**

### **Sputum Collection Instruction**

- Drink plenty of fluid the night before collection.
- Sit upright to collect sputum of the first cough in the morning.
- Rinse your mouth with water, but do not brush your teeth or use mouthwash before collecting sputum.
- Print your name and date of birth on the specimen container provided by the laboratory.
- Unscrew the lid (**DO NOT DISASSEMBLE**) of the container.
- Cough deeply to expectorate sputum directly into the container. Do not contaminate the rim of the container with sputum.
- Do NOT expectorate any saliva or postnasal discharge.
- **WRITE THE DATE AND TIME OF COLLECTION ON THE CONTAINER.**
- Put container in the safety bag provided and return each specimen collected to the laboratory as soon as possible before 10 AM. **DO NOT REFRIGERATE.**
- Call the laboratory if you have any questions.

### **NOTE:**

**If your physician has requested that you need assistance to produce sputum, the staff in Pulmonary Department will contact you for an appointment.**