

Collection Instructions: Please read all instructions carefully

Key Reminders:

- ⊘ **DO NOT** eat, drink or smoke before coughing up sputum from the lungs.
- ⊘ **DO NOT** mouthwash, or oral drugs that might contaminate the specimen.

NOTE: Sputum is mucus or phlegm coughed up from your lungs (not spit, saliva, or nasopharyngeal discharge).

If you have a problem producing sputum turn on the water taps in the bathroom until the room is filled with steam. (Please take care to avoid hot water overflow and scalding). Close the door and sit in the steamy room for five to ten minutes, then try again. Alternatively, you could try a warm shower or bath before trying to cough up the sputum. Breathing deeply while pressing firmly on the sides of your chest, followed by a deep cough can also help to bring up sputum.

SPUTUM SPECIMEN COLLECTION

1. Drink plenty of water the night before collection. Best time of day to collect sputum is when you first wake.
2. Rinse your mouth and gargle with plain water just prior to collection.
3. Collect a specimen resulting from a **deep cough** into the sterile screw-cap cup given to you by your physician or the Laboratory. Remember, you want sputum from down deep, NOT saliva from throat or mouth.
4. Write the date and time of collection on the specimen.
5. Please screw the lid tightly on the jar to avoid leakage.
6. Put the jar in the plastic bag provided.
7. Return the specimen to the lab within 1 hour. If there is to be more than 1-hour delay, refrigerate sample and return sample the same day.

