

INSTRUCTIONS FOR SPUTUM COLLECTION FOR DIAGNOSTIC TESTING.

1. IMPORTANT CAUTION: PLEASE READ AND FOLLOW ALL DIRECTIONS CAREFULLY TO ENSURE A QUALITY SPECIMEN AND ACCURATE RESULTS.
2. Drink plenty of water the night before collection.
3. Confirm the collection container is labeled correctly with;
  - a. Your (patient) first and last name,
  - b. The date and time of collection, and
  - c. Patient's birth date
4. The ideal time to collect the sample is early in the morning just after getting out of bed. However, sample may be collected at any time sputum is available to be produced.
5. Rinse your mouth with water, but **DO NOT** brush your teeth or use mouthwash before collecting sputum.
6. Open the container and hold it very close to your mouth.
7. Take as deep a breath as you can and **cough, deeply from within the chest.** **Do not spit saliva** into the container.
8. The sample you cough should look thick and be yellow or green in color. A minimum of 15 ml (1 tablespoon) of sample is required.
9. Close the container lid tightly, and place the container in a zip locked section of the bag and the lab requisition in the pouch section of the bag.
10. Bring the container and lab requisition to Edward Hospital Laboratory **as soon as possible.** If unable to return the sample to the laboratory right away, the sample can be stored in the refrigerator for up to 4 hours. Prolonged delays will affect the test results.

If you have any questions, please contact Client Services at 630-527-3450.