Patient Instructions for Routine Sputum Collections

At Home:
Upon awakening, clear throat of any material which may have accumulated overnight and discard.

At Home or if collected in the lab:
1. Rinse mouth with water several times.
2. Cough deeply several times for several minutes.
3. Deposit whatever is raised from the lungs into the specimen cup. The material needed should come from deep in the lungs, not saliva from the mouth.
4. Secure the lid tightly.
5. Label the container with your full legal name, date of birth, collection date and time.
6. Deliver to the lab as soon as possible.

If your physician has ordered the test to be done on 3 sputum specimens, follow the instructions above for three consecutive mornings. Use three separate containers; Label the containers as #1, #2, and #3 and bring to the lab as soon as possible. KEEP REFRIGERATED UNTIL DELIVERED.

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