

Sputum Collection

Patient Instructions

Please read this entire handout before you begin your sputum collection.

Introduction

An appropriate sputum sample is produced from a deep productive cough and is not contaminated with saliva or post-nasal drip.

Collection Instructions

1. For a more accurate result, collect sputum right after rising in the morning. If not, anytime is fine as long as there is sputum from a deep cough.
2. Before collecting your sample, brush teeth or rinse mouth thoroughly.
3. Wash hands with soap and water before beginning and after the sputum collection.
4. Open sterile container; break seal but leave lid on cup. Do NOT touch the inside of the cup or lid; both are to remain sterile.
5. When you are ready to provide specimen, remove the container lid and place topside down on the counter to keep it sterile. Cough deeply and expectorate (spit) sputum into the sterile cup. Immediately screw the lid on evenly and tightly so specimen does not leak out.

Returning the Sputum Specimen

1. Ensure the container is properly labeled with the following:
 - First and last name
 - Date of birth
 - Date of collection
 - Time and a.m./p.m. of collection
2. Place the container inside the zippered compartment of the biohazard bag. Place your physician's order in the outside pocket of the bag.
3. Do NOT refrigerate specimen.
4. As soon as possible on the day you finish your sputum collection, bring the biohazard bag containing the container and physician's order to any Eisenhower Labtechniques draw site location listed below.
5. When you arrive please notify an Eisenhower staff member that you are dropping off a sputum collection. Do not leave your biohazard bag on the counter.

For any questions regarding these instructions, please contact Client Services at 760-773-1377.

March 2014

Eisenhower Health Center at Sunrise
151 South Sunrise Way, Palm Springs
Hours: 7 a.m. - 4 p.m., Monday - Friday

Dolores Hope Outpatient Care Center
39000 Bob Hope Drive, Rancho Mirage
Hours: 7 a.m. - 5 p.m., Monday - Friday

Rancho Mirage Professional Plaza
72780 Country Club Drive, Building B,
Suite 200, Rancho Mirage
Hours: 7 a.m. - 4:30 p.m., Monday - Friday

Eisenhower George and Julia Argyros Health Center
45280 Seeley Drive, La Quinta
Hours: 7 a.m. - 5 p.m., Monday - Friday