
Procedure Name: VHSD – Patient Instructions – Collection of Sputum
Originating Department: Virtus – Diagnostics – Hurstville Laboratory

PATIENT INSTRUCTION SHEET FOR THE COLLECTION OF SPUTUM

1. Sputum is a secretion from the lungs. It is not saliva or secretion from the nose. It is therefore essential that the specimen submitted is coughed up from the lungs and not from the mouth or throat.
2. Three specimens collected on consecutive mornings may be required depending on the tests to be performed.
3. The specimen should be collected in the morning immediately after rising since the overnight accumulation of secretions produces the most satisfactory material.
4. Before collecting the specimen, rinse your mouth thoroughly with water.
5. To collect the specimen cough deeply from your chest and expel this material directly into the yellow topped specimen jar supplied. Remember it is important that the specimen comes from the lungs - cough deeply. If the specimen is found to be unsatisfactory in the laboratory, your Doctor may request a repeat collection.
6. Label container with -
 - a. your given name and surname
 - b. your date of birth
 - c. date of collection
 - d. name of referring doctor

.....take it to the Collection Centre or your Doctor.

Alternately, **refrigerate** container until you are able to take specimen to Collection Centre or Doctor.

THANKYOU FOR YOUR COOPERATION
