



Patient Instructions Sputum collection for cytology

Your doctor has requested that you provide 3 early morning sputum specimens for cytology examination.

1. Upon awakening, before breakfast or cleaning your teeth, cough deeply to produce sputum from lung, into the container issued to you.
2. Please make sure you coughed sputum (phlegm) not saliva into the container. **Sputum is the thick sticky material from lung but not the watery saliva from mouth.** Saliva has no diagnostic value.
3. Take the specimen to any Southern.IML Pathology collection centre on the day. If there is delay , specimen should be refrigerated.
4. Repeat the above procedures for the following 2 consecutive days.