

Patient Instructions 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. The staff at the Collection Centre should advise you on this.
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 specimens rinse your mouth thoroughly with water.
5. To collect the specimen cough deeply from your chest and expel this material directly into the 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. Please refrigerate the specimen and deliver it to the Collection Centre as soon as possible.